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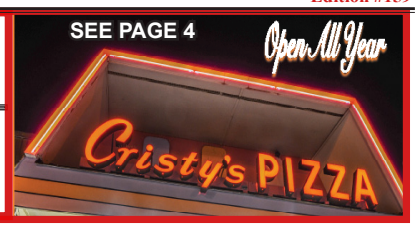

Boxford PD Blues

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What are they hiding in Boxford?

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Valley Patriot of the Month

Corporal Larry DeBenedictis: U.S. ARMY, KOREA

Beth D'Amato
VALLEY PATRIOT HERO REPORTER

When I met Larry DeBenedictis, he had just returned home from a wake for an old friend. That friend was U.S. Army LT. Colonel John W. Watson Jr. He passed away unexpectedly at the age of ninety.

LT. Colonel Watson was a fellow Korean War Veteran and had spent 3 ½ years as a POW. Larry reminisced about their friendship and wondered out loud how his good friend had done so well in life after all he witnessed during the war.

Larry's modesty about his own military service is something I've encountered quite a bit lately. While interviewing veterans, they are always more concerned about their fellow soldiers than themselves. As a matter of fact, the very first thing Larry said to me was, "Beth, I just want to clarify that I'm no hero." I looked at him almost defiantly and said, "I'm sorry sir, but I strongly disagree. Whether you saw combat or not is irrelevant. You unselfishly served OUR country and therefore, you are a hero."

Lawrence Robert DeBenedictis was born in Medford, MA on June 4, 1929, and was one of twelve children. His father a Master plumber had hoped Larry would join him in running the family plumbing business.

After high school, Larry attended Franklin Tech in Boston and took courses in plumbing, heating and air conditioning. He received a master plumber's license at the age of twenty one making him one of the youngest licensed plumbers at that time. With his skills, Larry had an interest in joining the Navy but was drafted into the Army before he had a chance to enlist.

He was drafted on August 17, 1951, at the age of twenty two and became a Corporal in the Army.

Larry was sent to Korea to help the South Koreans fight against the Communist army of North Korea. While serving, Larry showed leadership skills and was put in charge of a squadron. He would have anywhere from eight to ten men under him. Their assigned combat area was

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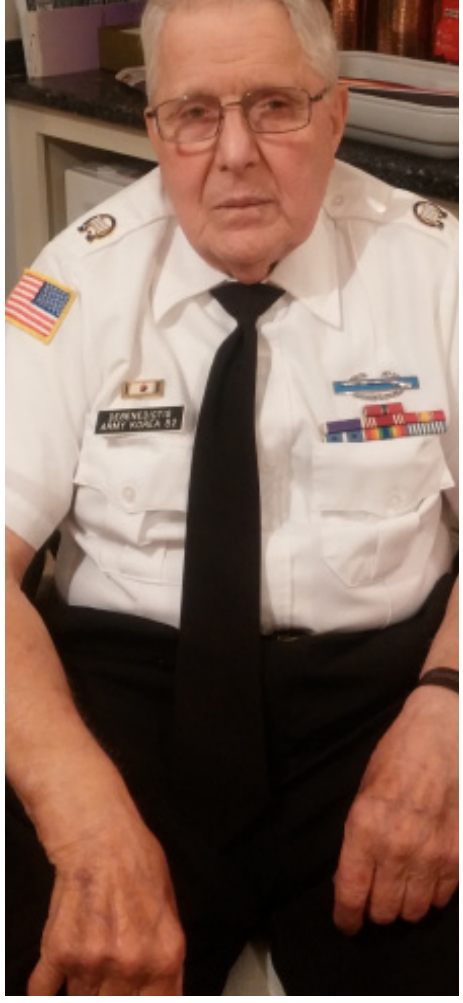

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Cheers All The Way Around

Jeff Katz
VALLEY PATRIOT COLUMNIST

I recently was flying from Boston to Richmond, Virginia. My early morning travel started on the wrong foot when I realized that I had left my phone in the car and The Bride had driven off with it. My fault entirely to be sure, but I was frantic trying to figure out how I would get it back. I ran after the minivan but no dice. I ran through Logan frantically looking for a payphone and then realized that I had no change in my pocket because after all, who the heck uses payphones anymore? Finally, I found a JetBlue team member who invited me to use the phone in his office. I made the call; The Bride returned and handed my phone off to a Massachusetts State Police Trooper who passed it on to me. I expressed my gratitude to the Trooper who sort of shrugged, smiled and said "happy to help".

Now my trip was really ready to go. I stopped at Dunkin Donuts, got some breakfast and had a very easy walk thru the TSA checkpoint. So far, so good. Down to Gate C34 I went and I found myself surrounded by countless young men and women, all of whom were wearing the uniform of the United States Army. Some were on their cell phones, some were chatting with each other, and some were taking naps.

These soldiers were headed to Fort Lee, an Army base just outside of Richmond. I honestly questioned whether all of the guys really needed to shave every day, that's how young they looked. I found myself thinking that if I had run in to these young ladies wearing lacrosse uniforms instead of fatigues I would not have been the least bit surprised, because that's how young they looked.

The JetBlue gate agent took to the microphone and pointed out that we had a lot of American heroes in our midst and asked everyone to give them a round of applause. We all showered these fine young men and women with a thunderous ovation. It was interesting to look at the responses on the faces of the soldiers though. Some broke in to big ear to ear smiles, some seemed embarrassed and some of the others did not know they were being cheered at all because they still had headphones plugged into their phones.

Once on board, our JetBlue flight attendant warned us that it was a full flight and that space for baggage would be tight. She reminded us that it would be a quick one hour and twenty minute flight and then she announced that about half of our flight was comprised of active duty service members. She urged each of us to let them know how much we appreciated them. I'm happy to say that just about everyone clapped for our soldiers.

Personally, I was grateful that I had gotten my phone back in time to make my flight. I appreciated the fact that my journey through the TSA line was pretty easy. But I was most thankful that young men and women who could have easily chosen to do something else, had decided to join the U.S. Army and stand on guard for my children. Safe travels!

Jeff Katz is a former police officer. Hehas won multiple Associated Press awards as Best Talk Show Host. He can be heard on iHeartRadio's Jeff Katz channel.

"WEATHER 101" WITH AL!

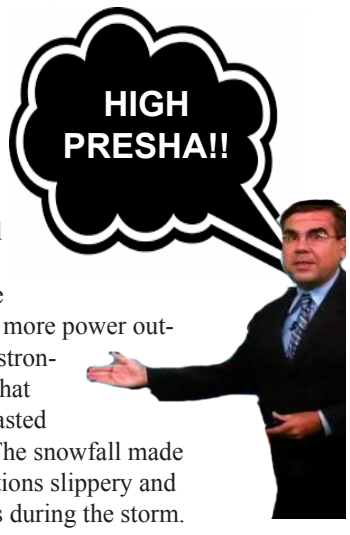
Al Kaprielian
VALLEY PATRIOT WEATHERMAN

Winter weather has arrived to our region. January is known as the coldest month of the year. With the start of January we are starting to see a ridge of high pressure build in Alaska. This causes the cold air on the east side of this high to build across Canada.

The clockwise circulation around this high causes the north/northwest wind to bring this very cold air southward into the US including New England. This will result in occasional intrusions of Arctic air into our region as we move through January. Occasionally there will be brief periods where the temperatures moderate into the 40s. However, no extensive or prolonged warm up looks likely at this time. So for this season the low pressure systems that have affected our area have been progressive (move along at a fast pace).

The reason for this is the lack of a high pressure system in Greenland and the North Atlantic Ocean. When this occurs there is no block in the atmosphere to cause the low pressure systems to slow down and give us a longer duration storm. An example of this was the low pressure system that occurred during the day and evening of December 29, 2016. The storm was moving pretty quickly so we saw the snow start to end by midnight and well before daybreak the next day.
Due to this storm moving quickly it did not rapidly intensify until it got to the Central Maine coast. This was fortunate in that the winds did not get as strong as predicted for our area. The snow that fell from this storm was of the wet and heavy nature (contained a lot of water).

This caused some power outages, most of which occurred in New Hampshire, where higher snowfall totals occurred from the storm. The wet and heavy snow adds more weight to trees, tree branches, and power lines causing them to snap and fall. There would have been many more power outages if the stronger winds that were forecasted occurred. The snowfall made road conditions slippery and treacherous during the storm.



With ocean temperatures running warmer than normal and cold air over land areas, this may cause more low pressure systems to develop hence there is the possibility of frequent ocean storms this winter. Whether these storms track close enough to the New England coast to give us a significant storm is difficult to say. If there is phasing of the northern and southern jet streams then we will see these storms impact our region with heavy precipitation.

Also if the Greenland and North Atlantic high pressure system develop, this will cause more blocking and trend the storms to move slower and closer to our region. When winter weather occurs, a reminder, if you have to drive, slow down and allow extra time to reach your destination!!!

Next month we will examine the weather pattern and talk about blizzards as February is known as blizzard month. An example is the Blizzard of 1978! During this month the days will continue to get longer and by the end of the month the sun will set at 4:57 PM. I will leave you on this positive note and have a great January! Also if you ski enjoy the ski season.

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There's a New Sheriff in Town, Now the Work Begins

During the reign of Essex County Sheriff Frank Cousins we have seen political relatives hired to major, high-paying jobs, sober houses located in crack neighborhoods in Lawrence, complaints of employees (or vendors) having relationships with inmates, sweetheart deals given to high price donors (like Wayne Capolupo), and a group of corrections officers who are overworked, undertrained, and woefully underpaid.

Under Cousins we have seen inmates escape from custody with no notice given to the public as required by law. We have seen prisoners recaptured, only to escape a second and third time, with no time added to their sentences. We have seen corrections officers pressured to purchase fund-raising tickets to Cousins' political events, and we have seen a number of corrections officers needlessly injured for lack of adequate inmate classification, lack of sufficient staffing and outdated equipment.

Bold action must be taken by the new sheriff to set the tone on day one, and the best way to do that is to take the advice of the rank and file corrections officers like Jeff Gallo who brought many of the department's deficiencies to light during his campaign.

Sheriff Coppinger said at a Valley Patriot's candidate debate that one of his first priorities was to audit the books at the Sheriff's Department. Coppinger must not only keep that promise, but should go one (or two) steps further and order a program and management audit as well.

Coppinger must do a top-down assessment of the people who work in the Essex County Sheriff's Department, how necessary their jobs are, and how necessary the programs are that they administer.

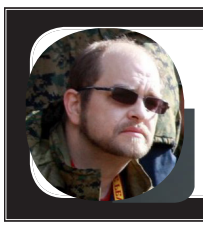
There needs to be a zero tolerance policy for inmates who escape. There also needs to be a zero tolerance policy for employees of the Sheriff's Department having a physical relationship with inmates, and that should include vendors and other individuals who do business with the county's prison system.

We also urge the new sheriff to clean house of all the political appointments made under Frank Cousins.

Yes, there is a lot to fix in the Essex County Sheriff's Office, and we believe the newly sworn in Sheriff, Kevin Coppinger is up to the task. But, being up for the task and actually performing the task are two very different things. We only hope Sheriff Coppinger doesn't squander this opportunity and takes the bold stands needed to make our communities safe again.

If he doesn't, you will be reading about it here.

What Are They Hiding in Boxford?



Paying Attention!

WITH TOM DUGGAN

For the last few months, The Valley Patriot has been sifting through dozens of complaints about the police chief and the inner workings of the Boxford Police Department. In any case where accusations are made against a public official, we requested public records, interview people involved, go to the town for personal observations of people involved, and reach out to experts in other towns for a better understanding of what are normal procedures and what is abnormal.

What we wanted to determine was whether or not stories about a police department in chaos were true, partially true, or just a bunch of naysayers unhappy with the chief. In the coming series on the Boxford Police we will detail our findings as fairly and objectively as we can.

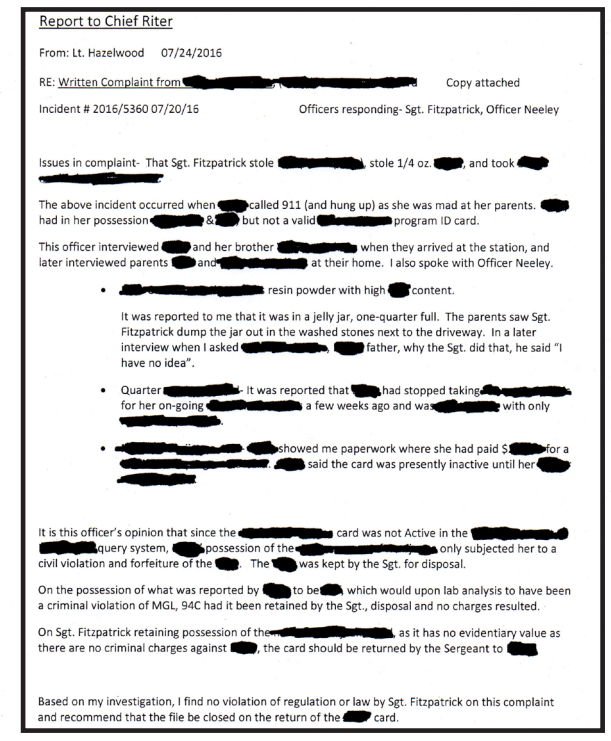
The chief and the taxpayers deserve nothing less.

After all, if a good cop is being slandered for some political agenda I want to be the very first to get to the bottom of it. Conversely, if there's a cop, (a police chief no less), who is not exactly on board with the idea that they work for, and answer to the taxpayers, well ... that story needs to be told as well.

LOOKING FOR ANSWERS

First, The Valley Patriot submitted a lengthy public records request asking for, among other things:

* 911 calls to the station covering 24 hours of a certain date
* Corresponding radio calls for that same time period
* Police reports showing an incident where a Boxford officer dumped out a citizen's marijuana on the citizen's front lawn
* Copy of a recording made by a police Lieutenant during an interview with a member of the public who had filed a complaint against the head of detectives
* A copy of the actual complaint filed by a member of the public against the officer
* The criminal record and activities of a civilian dispatcher (who is related to a former selectman). This dispatcher assaulted someone at the library and surprisingly, the initial arrest report and narrative went "missing". The dispatcher continues to work at the Department and has since been summonsed to court on another assault charge
* Reports showing reasons that a Boxford police officer stopped someone from recording them, barricaded them into a room and forced them to erase the recording
* Documents on another dispatcher fired for whistle-blowing on the first dispatcher
* Reports detailing the night a Boxford officer tried to have a woman whom he is involved with, committed on a psychological
* Ambulance reports showing why the EMTs refused to commit the woman
* Police officers being put on the road without sufficient training
* Phone calls made to and from the police chief's personal cell phone when police business was being conducted
* Documents showing police reports being changed long after the fact
* The police chief's resume and experience, as well as the requirements for the police chief's position.
* and much more.



Report to Chief Riter

From: Lt. Hazelwood 07/24/2016

RE: Written Complaint from [redacted] Copy attached

Incident # 2016/5360 07/20/16 Officers responding- Sgt. Fitzpatrick, Officer Neeley

Issues in complaint- That Sgt. Fitzpatrick stole [redacted], stole 1/4 oz. [redacted], and took [redacted]

The above incident occurred when [redacted] called 911 (and hung up) as she was mad at her parents. [redacted] had in her possession [redacted] & [redacted] but not a valid [redacted] program ID card.

This officer interviewed [redacted] and her brother [redacted] when they arrived at the station, and later interviewed parents [redacted] and [redacted] at their home. I also spoke with Officer Neeley.

- [redacted] resin powder with high [redacted] content.

  It was reported to me that it was in a jelly jar, one-quarter full. The parents saw Sgt. Fitzpatrick dump the jar out in the washed stones next to the driveway. In a later interview when I asked [redacted], [redacted] father, why the Sgt. did that, he said "I have no idea".

- Quarter [redacted]- It was reported that [redacted] had stopped taking [redacted] for her on-going [redacted] a few weeks ago and was [redacted] with only [redacted].

- [redacted] showed me paperwork where she had paid $[redacted] for a [redacted], said the card was presently inactive until her [redacted]

It is this officer's opinion that since the [redacted] card was not Active in the [redacted] query system, [redacted] possession of the [redacted] only subjected her to a civil violation and forfeiture of the [redacted]. The [redacted] was kept by the Sgt. for disposal.

On the possession of what was reported by [redacted] to be [redacted], which would upon lab analysis to have been a criminal violation of MGL, 94C had it been retained by the Sgt., disposal and no charges resulted.

On Sgt. Fitzpatrick retaining possession of the [redacted], as it has no evidentiary value as there are no criminal charges against [redacted], the card should be returned by the Sergeant to [redacted]

Based on my investigation, I find no violation of regulation or law by Sgt. Fitzpatrick on this complaint and recommend that the file be closed on the return of the [redacted] card.

* Reports showing reasons that a Boxford police officer stopped someone from recording them, barricaded them into a room and forced them to erase the recording
* Documents on another dispatcher fired for whistle-blowing on the first dispatcher
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* Documents showing police reports being changed long after the fact
* The police chief's resume and experience, as well as the requirements for the police chief's position.
* and much more.

TRANSPARENCY

In this multi-part series on the administration of the Boxford Police Department we will address all of the issues above and a few more. But, before we even get into the meat of the shenanigans, it's important to focus on the process of transparency and remind people that the police chief works for the public. He also works for the Boxford Board of Selectmen.

With very few exceptions, any records created by public officials are considered public under MGL Ch. 66, the state's public records law.

Whether it's a physical document (like a police report), or an electronic communication (like a text message) ... whether it takes place on a personal cell phone, or a personal email server, all communications about the public's business is considered a public record.

CENSORING PUBLIC DOCUMENTS

In the responses we received from Boxford Police Chief Riter, he states that some of the records we requested were exempt from the state's public records law and he was therefore not turning over those documents or records we requested. Other documents he did provide had the relevant

BOXFORD: PAGE 7

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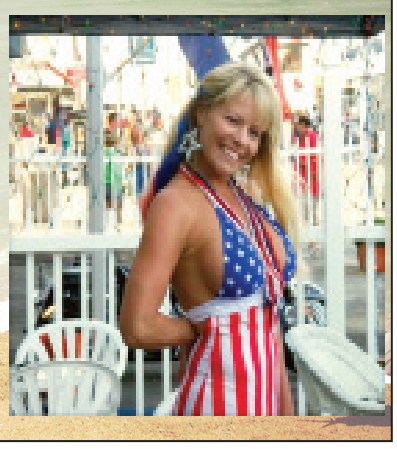

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Nobile Makes Another Run For Board of Selectmen

Former School Committeeman and candidate for selectman, Chris Nobile announced last month that he is once again running for a seat on the North Andover Board of Selectmen. North Andover municipal elections will be held March 28th, 2017.

Nobile is the third candidate to declare his candidacy for the two open seats this spring; he will be facing incumbent Don Stewart and former selectman, and Police Lt. Dan Lanen.

In a press release, Nobile echoed many of the upbeat themes of his last campaign.

"Our town has made great progress in the last five years, and we're on the threshold of even more successes. We need to move forward. We need to double down on our planning, and continue to support the 'pay as you go' approach our town manager has been using to construct or renovate many of our major building. Our schools have their own facility challenges which we'll have to address. I am committed to community, and we can never lose sight of the groups in our town who need our special attention and support: our seniors and our veterans."

Nobile says he is looking forward to getting out into the community to have a dialog with residents about their views on where North Andover is today, and where they see that it needs to be going. Nobile pointed out that there are some exciting projects right over the horizon, including possibly a new kindergarten building for the schools, a renovation of Hayes Field behind the Middle School, and an upgrade to the Senior Center, including more parking. Nobile says all of these need strong citizen input, and must keep in mind what's best for the community and all the stakeholders.

Chris is currently a member of the Finance Committee. He has also served on the School Committee. He had a major involvement in the Andover/North Andover YMCA fundraising effort for its expansion. He is married with two sons, both of whom attend North Andover public schools. Chris is a financial services professional with thirty years of experience.

N. Andover High Student Selected to Participate in State Inauguration

(BOSTON) – North Andover High School student Kaitlyn Parks was recently selected to participate in the Inaugural Ceremonies of the 190th General Court at the Massachusetts State House. Parks attended the festivities as a special guest of State Representative Diana DiZoglio (D-Methuen).

Parks, who has interned with the Representative in the legislature, had the opportunity to join DiZoglio in the House Chamber as legislators were sworn in by Governor Charlie Baker (R-Swampscott).

"As someone who aspires to someday get involved in government, it was so exciting to be there on the floor during an official House vote and have the opportunity to meet Representatives from across the Commonwealth," said Parks. "I even got to shake the Governor's hand! I have learned a lot in the classroom but nothing can compare to the experience of seeing the legislature firsthand."

"Kaitlyn's hard work over the past three years has contributed to our community and benefitted residents in so many different ways," said DiZoglio. "I invited Kaitlyn today so she could have a firsthand experience at what it's like to sit in our seats and participate in the legislative process. It is so important to engage our youth in the democratic process and this was a perfect opportunity to do just that."

THE CENTER AT PUNCHARD

ENERGIZE WITH EXERCISE Thursdays, January 12th – February 9th at 3:30 p.m. $27.50. Fun aerobics and weight training workout. Meditative cool down ends the hour. Instructor Denise Boucher.

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GET YOUR DUCKS IN A ROW: What you really need to know to prepare for the second half of life.

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January 12th: Demystifying Estate Planning

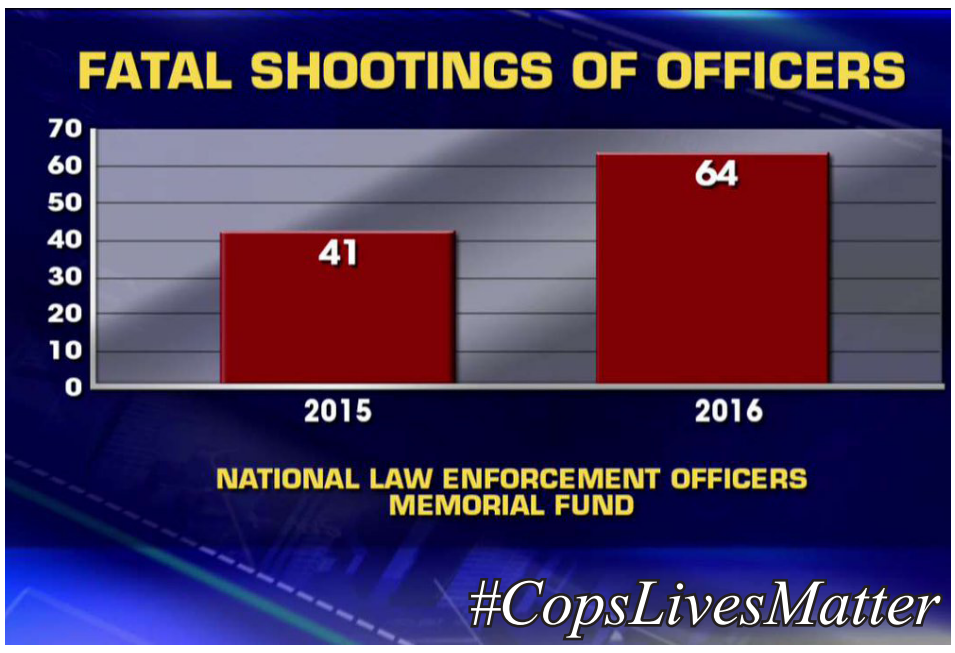
January 19th: Asset Protection: Trusts and Real Estate

February 2nd: Planning with Life Insurance, Long Term Care Insurance and Retirement

COMMUNITY DRUM CIRCLE

Thursday, January 26th; 7 – 8pm.

Drum in the New Year and shake off those winter blues! A variety of percussion instruments, West African and Japanese drums will be available for you to use. No prior experience necessary. Join us to have fun and reduce stress in this fabulous uplifting event. Monique Morimoto of SoulWorksRhythm will facilitate.



STRAIGHT FROM Sal's PIZZA SINCE 1990 BOSTON'S NORTH END
NORTH ANDOVER
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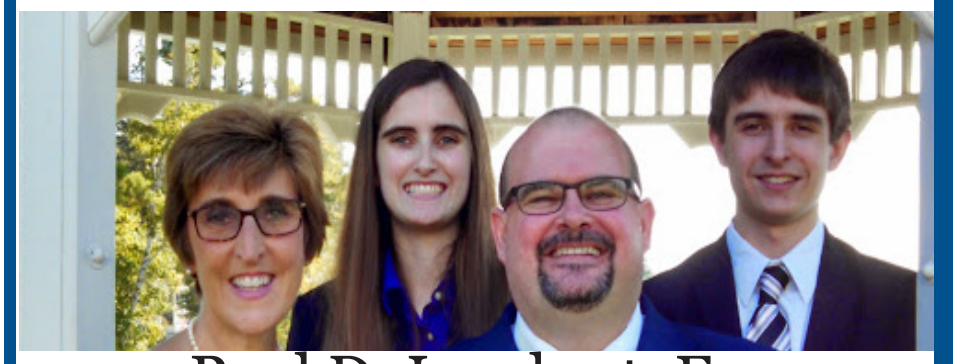
WILLS & TRUSTS ARE WHAT WE DO!!!

Every day when we walk out the door, there is always the possibility that it may be our "last" time. You wouldn't walk out the door without your wallet; if you fail to plan for your Family's future, that's exactly what you may be doing.



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Methuen Parents, Opt OUT of Mental Health Surveys

DJ Deeb
METHUEN SCHOOL COMMITTEE

Although Methuen Public Schools are doing many terrific and important things, this month I have to offer constructive criticism on a program known as the Positive Behavior Interventions and Supports, or PBIS. In my view, this is a scam and constitutes just another wasteful liberal scheme to engage in the social engineering of our children.

What is PBIS? We read, "Positive Behavior Support (PBS) refers to "an approach to behavior support that includes an ongoing process of research-based assessment, intervention, and data-based decision making focused on building social and other functional competencies, creating supportive contexts, and preventing the occurrence of problem behaviors." (Source: http://www.pyramidmodel.org/resource/positive-behavioral-interventions-supports-pbis-positive-behavior-support-pyramid-model/).

It all began with a grant from the Federal Department of Education (an agency that President-Elect Trump has promised to abolish and I am hoping Congress does eliminate) to the states to develop behavioral support strategies. San Jose Public Schools, an early adopter, states,"In the past, school-wide discipline has focused mainly on reacting to specific student misbehavior by implementing punishment-based strategies including reprimands, loss of privileges, office referrals, suspensions, and expulsions. Research has shown that the implementation of punishment, especially when it is used inconsistently and in the absence of other positive strategies, is ineffective. Introducing, modeling, and reinforcing positive social behavior is an important step of a student's educational experience. Teaching behavioral expectations and rewarding students for following them is a much more positive approach than waiting for misbehavior to occur before responding" (Source: http://www.sjusd.org/student-services/pbis/what-is-pbis/).

Does this sound like feel-good, do-good nonsense to you? It certainly does to me. We further read, "Data-based decision-making aligns curricular instruction and behavioral supports to student and staff needs. Schools applying PBIS begin by establishing clear expectations for behavior that are taught, modeled, and reinforced across all settings and by all staff." So, does this mean that if teachers do not want students to drink coffee in class they should model that behavior? Should we ask business executives, including managers at Raytheon, how they feel about this?

The main indicator of PBIS success is the number of out-of-classroom discipline referrals. This is absolutely ridiculous. Many teachers know that they're being partially evaluated on the number of students that they send to the office for behavioral breaches, so they simply just refuse to ever send anyone to the office, even when it is justified. Of course, this skews the data in a way that makes it nearly impossible to reach meaningful conclusions regarding the success of PBIS.

To make matters worse, PBIS encourages the use of mental health surveys to be completed by elementary and secondary students at school. According to MHS Guidance Director John Crocker, the information gathered on these surveys "is confidential" and "it is used to understand students while they are here." How long before the Massachusetts Department of Elementary and Secondary Education (DESE) begins requiring that this data be collected and stored in a state database as they already do with a lot of other student information? The safe thing here is to refuse to participate.

I do want to commend Mr. Crocker, the Guidance Department, and the Methuen Public Schools Administration for their transparency in making all of the information available to parents and community members online. With all due respect to my Methuen School Committee colleague Bob Vogler, who claims that 99% of parents like the "mental health" survey, I wonder how many of you have actually had the time to read and review it. According to the Methuen Public Schools website, "This survey is being administered to all the students in Methuen High School to collect information about your feelings, perceptions, and behavior regarding a few things that make a difference in the way you learn and perform in school. Please take a few minutes to answer each question truthfully. There are no right or wrong answers.

DEEB: PAGE 21

Big Issues for The 2017-2018 Legislative Session

Linda Dean Campbell
STATE REP. METHUEN, HAVERHILL

Before I list several very challenging issues that we will likely face in this Session – some good news: Massachusetts was recently ranked the number one state in the country for quality of life by a frequented website, 24/7 Wall St. This ranking was based upon comparative measures of poverty rates, educational attainment, and life expectancy. We are also consistently ranked tops in the nation for education, Veterans services, and balancing our budget on time while maintaining a healthy reserve.

Here are just a few of the weighty issues that the citizens of the Commonwealth will likely bring to the forefront in this session:

The Budget: Although our unemployment rate is low, there is no doubt that we have many serious budget challenges before us. Most analysts tell us that we need to figure out how to improve our transportation infrastructure and reduce healthcare inflation if we want our economy to grow. Meanwhile, Wall Street wants us to continue with our pension reforms and reduced spending.

The Opioid Crisis: While budget appropriations continue to escalate exponentially for short term and long term treatment, deaths continue to increase in spite of the gains made in treatment and by law enforcement. While we cannot spend our way out of this crisis, we will be challenged to increase interdiction efforts directed at fentanyl and other synthetic opioids, and for more and innovative treatment measures for long term recovery.

Reducing Recidivism for Those Incarcerated: Approximately 40% of people incarcerated in Massachusetts prisons have follow-on encounters with the judicial system. All agree that addressing this problem would yield significant savings and be more humane. The difficulty, of course, is the cost associated with implementing reforms in prison and being able to coalesce around a central plan of action.

The Politics of Marijuana: As Joan Vennochi of the Globe stated, the ballot question was drafted by the pot industry for the benefit of the pot industry. Lessons learned from Colorado caution us to take the time necessary to come up with a tax rate that will at least pay for regulation and is not so high as to promote a black market. We also need to incorporate protections for our youth and give law enforcement tools with which to measure pot impaired driving.

Education Reform: Even though the expansion of Charter schools was soundly defeated by ballot, proponents will continue to put forth initiatives. Reformers will also focus on the growing and unsustainable costs increases for special education and the desire for more funding for early childhood education.

Revitalizing the Lottery: As we await revenue from casinos and marijuana sales to kick in, there will be serious discussion of how to improve lottery revenues. Recommended innovations include on-line lottery gaming. This will generate intense arguments on both sides of this proposal.

Energy: Having passed significant and promising alternative energy legislation last session, we now have to fill in the gap before this energy goes on line. Many will propose lifting solar caps immediately.

You can email Rep. Linda Dean Campbell at campbellmethuen@comcast.net

Income Inequality: Given that income inequality was a big issue during the Presidential campaign, I expect to see more calls for a $15.00 minimum wage, and a tax on millionaires. MA is currently rated 6th nationally in income inequality.

I am counting on many more challenging issues being brought before us this session that have not yet emerged or percolated to the top of the current buzz. Regardless, I am ready for another intense and productive session.

Methuen Handles Two Fentanyl Cases in One Day

CASE #1 – $1.2M in Fentanyl Confiscated in Methuen

Methuen Police have taken 15 kilos (approximately 32 lbs.) of the drug called fentanyl and arrested a New York man on Monday, after a 911 caller told police that a man in a taxi cab was seen with a gun. Methuen Police Lt. Pappalardo told The Valley Patriot that the police searched the individual around 8:15am and found 15 bags of fentanyl in a duffle bag with a street value of $1.2M. Lt. Pappalardo says that the bags confiscated were labeled "China White".

Fentanyl - Lt. Pappalardo says that they are currently charging 33 year old Robinson Rojas-Rosario 33, years old from Queens, New York with trafficking fentanyl. He will be arraigned in Lawrence District Court Tuesday.

Rojas-Rosario is not known to police in Methuen and could face life in prison.

CASE #2 BABY EXPOSED TO FENTANYL

The Methuen Police Department is investigating an incident in which a 10-month-old baby was exposed to fentanyl.

At approximately 12:28 p.m. on Saturday, Dec. 31, Methuen Police were dispatched to a residence on Treetop Way for a report of a 10-month-old child not breathing.

Upon arrival, first responders immediately began treating the baby before transporting her to Lawrence General Hospital where she stopped breathing twice and had to be revived by hospital staff. The child was later flown to Tufts Medical Center via MedFlight for further treatment.

Hospital tests indicate that the baby had fentanyl in her system.

"The opioid epidemic knows no boundaries," Mayor Zanni said.

"We must continue to be vigilant in ensuring that children do not have access to harmful substances and to do everything we can to fight the disease of addiction."

At this time, the baby remains in stable condition. The Department of Children and Families has been notified of the situation.

"This is an extremely unfortunate situation in which a dangerous drug has ended up in the wrong hands and placed a baby's life in danger," Chief Solomon said. "Our main goal now is to find out how this substance ended up in the child's system."

This incident remains under investigation by the Methuen Police Department and Massachusetts State Police Detectives.

The Myths, Facts, and Decision to Renovate Lowell High

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

According to Wikipedia "damn those pesky websites with interesting historical information."

" Lowell, Massachusetts was incorporated as a town in 1826 and Lowell High School opened shortly after in 1831. One of its earliest homes was a small brick building on Middlesex Street owned by the Hamilton Manufacturing Company.[2] From their inception, Lowell's public schools were integrated. African American Caroline Van Vronker was a student at Lowell High School in 1843, at a time when every public high school in Massachusetts and the United States was segregated.[3] In 1840, the high school moved into a new building located between Kirk Street and Anne Street along the Merrimack Canal.

Over the next 100 years, the school campus expanded.[4] The oldest existent building replaced the 1840s building in 1893.[5] In 1922, a large new building was built along Kirk Street and in the 1980s another building was built on the opposite side of the Merrimack Canal with connecting walkways over the canal. There are now three major buildings with one limited to the Freshman Academy. Current enrollment is over 3000 students."… Wikipedia

Myth – Many local officials will tell you that Lowell High School is one of the oldest high schools in the country. It needs to stay where it is as not to lose its historical significance.

Fact – Yes, Lowell very well may be one of the oldest High Schools in the country, but not at its current location. Lowell had a high school yes, but per Wikipedia Lowell High School has seen several revisions and different buildings since 1831. We'd only be preserving something built in 1922.

Myth – Lowell High School's central location is critical to the children. Students should be able to walk to school.

Fact – Several local cities moved their centrally located old high school out of the downtown to build in a newer, more sensible location - Lawrence, Haverhill and Fitchburg - all gateway and mill cities. Why? More land, better location, improved traffic flow... common sense!

Myth – Moving Lowell High School from downtown to Cawley Stadium is too far away.

Fact – Lowell High School is 2.6 miles from Cawley Stadium. In addition, many students are bused daily to Cawley Stadium, where mostly all of the athletic fields are located. By the way, the Cawley Stadium location has the land for a larger high school and campus. Downtown does not.

Myth – Traffic is already bad in and around Cawley Stadium.

Fact – True, but certainly not as bad or worse than the downtown. Jamming cars into the narrow old cobble stone downtown streets of an already busy business district brings traffic congestion to a maximum. Businesses have been complaining for years that traffic during the day is awful, when students arrive and leave for the day. Also, most sitting city councilors live in Belvidere, where Cawley Stadium is located. Belvidere is a place with the highest voter turnout in every municipal election. Guess who doesn't want the high school in Belvidere? Belvidere voters? Ask yourself, who runs the high school? Where do they live?

This is where the rubber will hit the road. The wishes of Belvidere will trump common sense here. Are Lowell's kids going to have to walk over the homeless person laying in a doorway on their way to school in Belvidere? Will students have to dodge in between cars in Belvidere, like they do downtown? No!

Myth- Moving the Lowell High School from downtown will adversely affect business.

Fact – Most downtown businesses want Lowell High School out of the downtown. Even UMASS Lowell and Middlesex Community College prefer giving their students an all-inclusive experience that

encourages them to spend money on campus versus spending money at downtown businesses. The narrow streets are not conducive for a high school location that was built (1922) when still more people walked and more horses and buggies existed than cars.

Myth – It's cheaper to renovate Lowell High School at its current location.

Fact – All commercially renovated buildings cost more to renovate. Period! The existing building has all the problems of a building that was built in its era. Not to mention the impending law suits from parents with health concerns about the filth that will permeate the air from demolition. A new building will cost ½ to 2/3 of the price… except in Lowell where those with connections will provide fiction as fact.

Myth – The kids will lose a quality education if the location is moved from the downtown.

Fact – Lowell has some of the best teachers in the state, coupled with some of the biggest educational challenges in the state. They could teach in a card board box. Location isn't essential. Quality of the education is essential and yes… a new building would help the quality of the learning experience. How will teachers contend with a four to eight-year renovation project? Dust, noise, student absence, health scares and more frequent parent-teacher sessions will be the experience of some Lowellians and teachers in the future if we choose renovation over new and common sense.

Opinion - So, the moral of the story folks is… don't believe the hype. Do your own research and if something doesn't pass the sniff test… challenge! It's only going to be your property tax bills that will increase substantially if you don't. It's going to be the current and future generations of Lowellians holding the bag on a renovated, expensive, crumbling piece of crap, with no expansion option twenty years from now. Our children of today will be asking in the future… How come no one stood up against this bad decision? They will be asking how come we have an aged police station, how come we can't invest in other municipal buildings? How come Lowell is more expensive to live in than Chelmsford, Westford or Wellesley?

Fight back Lowell… Right now, NOSTALGIA is winning the day. Myths are winning the argument over facts and common sense.

BOXFORD: FROM PAGE 3

information blacked out, but much of the information redacted was public information.

For example: Chief Riter cites the HIPPA laws (medical records are exempt from public records requests) as a reason to black out information from a July 20, 2016 police report where a Boxford officer took a woman's marijuana, dumped it all over her front lawn, and then illegally confiscated her marijuana card.

In the police report we received from Chief Riter, all references to marijuana in the report, as well as the person's name and address, were blacked out. Names and addresses are public information on police reports.

No disciplinary action was taken against the officer. The person whose card was illegally confiscated had to go down to the police station several times to try and get it back and eventually lodged a complaint.

CONCEALING PUBLIC RECORDS - $1,700 FOR 24 911 and SCANNER CALLS

As part of The Valley Patriot's initial public records request, we asked for 24 hours of audio recordings from 911 calls and radio calls to the police cars for the date of July 20, 2016.

The Valley Patriot also sent the same request for 911 calls to other city and town police departments in the area, covering the same 24 hour period that we were requesting from Boxford.

When we compare the responses we got from other departments one thing became clear. Boxford Chief Riter's response was... unique to say the least.

In Lawrence we were assured there would be a no cost for 24 hours of recordings from their 911 call line except for the cost of a USB storage device.

Methuen police sent a letter saying that there would be no charge for their 911 recordings either... but also added that it would normally cost $180, for the three hours of time it would take to physically copy the recordings for a 24 hour period.

None of the departments contacted by The Valley Patriot tried to claim that the 911 calls needed to be personally listened to by the chief, or that any part of those 911 calls were exempt from the state's public records law. None of the departments we contacted, other than Boxford, had any interest in erasing or "redacting" any information from those public calls.

Yet, the response we received from Chief Riter in Boxford was a bill for more than $700 (at his hourly salary times 24 hours) so that he, himself could go through the 24 hours of recordings, one call at a time.

He needs to do this personally, he says, because he is the only official who can listen to and determine what calls from the public, on a public phone line, answered by public dispatchers, recorded on public computers... is not a public record.

The Town of Boxford also wants to charge The Valley Patriot $911.79 to make copies of 24 hours worth of radio calls from dispatch to the police cars.

It surely makes you wonder what the Town of Boxford has to hide.

We have seen this kind of thing before when former North Andover Superintendent Hottle tried to charge thousands of dollars for copies of emails he didn't want us to have. By dishonestly overpricing the cost of a public record or document, it is the hope of some officials that the person requesting the records will give up on that item because they just cannot afford it. Most do.

AN OPEN SECRET – POLICE USING INTERNAL EMAIL SERVER

Chief Riter is not only concealing public information in police reports and over-pricing 911 calls, The Valley Patriot learned during our investigation that the Boxford Police Department also has an internal e-mail server for internal police communications.

The server does not have a ".gov" address and does not go through the town's official email system.

Boxford Town Manager Alan Benson said that he was aware of the email server inside the station and that it has existed for about five years.

Benson also said that the email server is, in fact, a public record and told The Valley Patriot that the server would be searched for documents if a public records request was made for any of the information on the server "As long as it is not an exception to the public records [law].

But, Valley Patriot sources inside the department say that the email server is never searched when there are public records requests, and that officials have openly told officers that because the server has a ".org" address it is not subject to the public records law.

Brian McNiff, spokesman for Secretary of State Bill Galvin's office confirmed to The Valley Patriot that communications on the Boxford Police Department's internal email server were subject to public records requests and that his office would handle any appeal should a member of the public be denied access to those records.

Police officials communicate with each other on the server about suspects, cases, shift staffing, and other police actions.

In The Valley Patriot's public records request, we asked for information that we believe is contained on the internal server concerning harassment and assault by a police dispatcher, but the Town of Boxford refused to turn over such records.

NEXT MONTH: When Police record an interview with a member of the public without their knowledge, and a whistle blower is fired.

TOM DUGGAN'S NOTEBOOK

ZANNI's LAST YEAR - Rumor around Methuen these days is that third term mayor Steve Zanni has serious health problems and is planning on re-signing early this year. The Valley Patriot has confirmed that Mayor Zanni has no plans on leaving the job early and that his health is not an issue for him serving the end of his term. Also rumored around Methuen as we approach the mayoral election, (as Mayor Zanni is termed out) is that Methuen Councilor Jim Jajuga is under criminal investigation. Since Jajuga is considered a hot contender for the mayor's race any kind of investigation could be damaging to his campaign. The Valley Patriot is unable to verify whether or not an investigation of Jajuga is taking place, but one thing you know for sure... if/when something breaks on this we will let you know.

IS THIS THE TWILIGHT ZONE?

You have to admit things have gotten pretty strange in the world of politics since Donald Trump arrived on the scene a little more than a year ago. For the last 8 years liberals and partisan democrats have loudly espoused the belief that Vladamir Putin was a good guy, communism was no threat, and that Wikileaks founder Julian Assange was a hero who blows the whistle on our oppressive, evil government.

On the other side, right-wing conservatives spent the last 8 years railing against Vladamir Putin and some even called for the death penalty for Assange.

Enter Rod Serling, AKA Donald Trump, and the whole world is suddenly turned upside down. Today, conservatives are making excuses for Putin's behavior in the last election and hailing Julian Assange, while the liberals and partisan democrats are calling them the biggest threat to the future of our democracy. This just goes to prove that most of these politicians have no real belief system at all. Almost everything they do is about opposing what the "other side" has to say, no matter how good or bad it is for the country. As for the news media... we can always count on them to take whatever side the democrats take.

A HUGE MANDATE FOR REPUBLICANS

Don't let the media fool you when it comes to the mandate the American people gave to republicans in the last election. They can whine all they want about Hillary winning the popular vote, but the mandate given to the Republican Party came in the form of a landslide victory for a majority of republicans in Congress, a majority of republicans in the senate, and a majority of republicans holding governorships (33 republican and 16 democrats). If ever there was a mandate to stop the foolishness of the last eight years in Washington D.C. I think those numbers speak for themselves.

SENATOR "ANTI-WALL STREET" ELIZABETH WARREN

Totals for Top 5 Wall Street Banks Donating to Senator Elizabeth Warren:

Goldman Sachs - 2012 - $19,000
JP Morgan Chase - 2012 - $6,950.00
2016 - $300.00
Wells Fargo - 2012 - $6,650.00
2016 - $41.00
Bank of America - 2012 - $6,950.00
2014 - $1,000.00
2016 - $59.00
Citigroup - 2012 - $2,000.00
2016 - $18.00
TOTAL: $42,968.00

TRUMP MUST RELEASE HIS TAX RETURNS

Donald Trump is about to take office as the 45th President of the United States and he has yet to release his tax returns. Trump promised those of us who voted for him that he would, in fact, turn over his returns when the IRS audit is finished. But, now that Trump has won the election, he is going to be in charge of the IRS. In the name of transparency and full disclosure it is Donald Trump's duty to the taxpayers, and the people who voted for him, to release his returns so that everyone will know what his financials are.

AND THEN THERE WAS DALLAS

This year's MEN OF THE YEAR are the brave men and women of the Dallas Police Department. During a "protest" against police on the downtown streets of Dallas, a cop hating member of "Black Lives Matter" began shooting into the crowd to kill police officers. These officers, who were being depicted as pigs, and were spit on and ridiculed by the "protesters", immediately put themselves between the shooter and those people who hate them the most. Five officers lost their lives that day protecting people who want nothing more than chaos in our streets and criminals to rule every neighborhood. If anyone were to be named Man or Men of the Year, it damn well ought to be the Dallas Five and their fellow officers who represent what this country is all about.

ART CRITIQUE with ROBERT SIEGELMAN. Event Date: Friday, January 20, 2017. 7 - 9pm

Location: The Onyx Room, Western Avenue Studios 122 Western Ave. Lowell, MA 01851

Reserve your seat: $10 in advance, $12 at the door Art Educators (with school ID) attending this event as part of the audience receive a $5 discount.

http://www.ticketor.com/loading-dock-arts/events

Lowell, MA: Loading Dock Arts, Inc., is pleased to invite artists, art educators, student artists and the interested public to a group art critique facilitated by Robert Siegelman. Siegelman teaches at the School for the Museum of Fine Arts in Boston, and at The Eliot School for Fine and Applied Arts in Jamaica Plain.

Siegelman will lead a group critique in an event designed to give feedback to the solitary artist and interact with our art community. The entire audience of Art appreciators, critique observers and presenting artists are invited to take part in this lively and informative evening.

To become a presenting artist please go to our url for further instructions:

NOTEBOOK: NEXT PAGE

There is nothing more entertaining these days than watching the actors on the "news" (who pretend to be reporters) whining every single day about issues nobody in the country cares about. Anderson Cooper of CNN spent an entire week crying about something General Flynn re-tweeted, saying Flynn doesn't deserve to be National Security Advisor because of the tweet.

FREDDIE SAYS

I'm already dressed for The Valley Patriot BASH on March 24th!

SAVE THE DATE!

Freddie also Says
EAT AT THE DAILY DOSE CAFE at PENTUCKET MEDICAL IN LAWRENCE
978-557-8601

A few months ago, seventeen people with disabilities began working at jobs they never thought possible.

- Tom Connors,
American Training President & CEO

Call us today to find out how you, too, can begin making your dreams come true with American Training.
Call Mikaela Reynolds at 978-685-2151, x6806.

Scan here with your cell-phone QR code reader to read Ashley's story about finding her dream job.

It took dedication, compassion, teamwork, caring, and a little **WOW! Magic**, the kind of support you only get at StarWorks of American Training.

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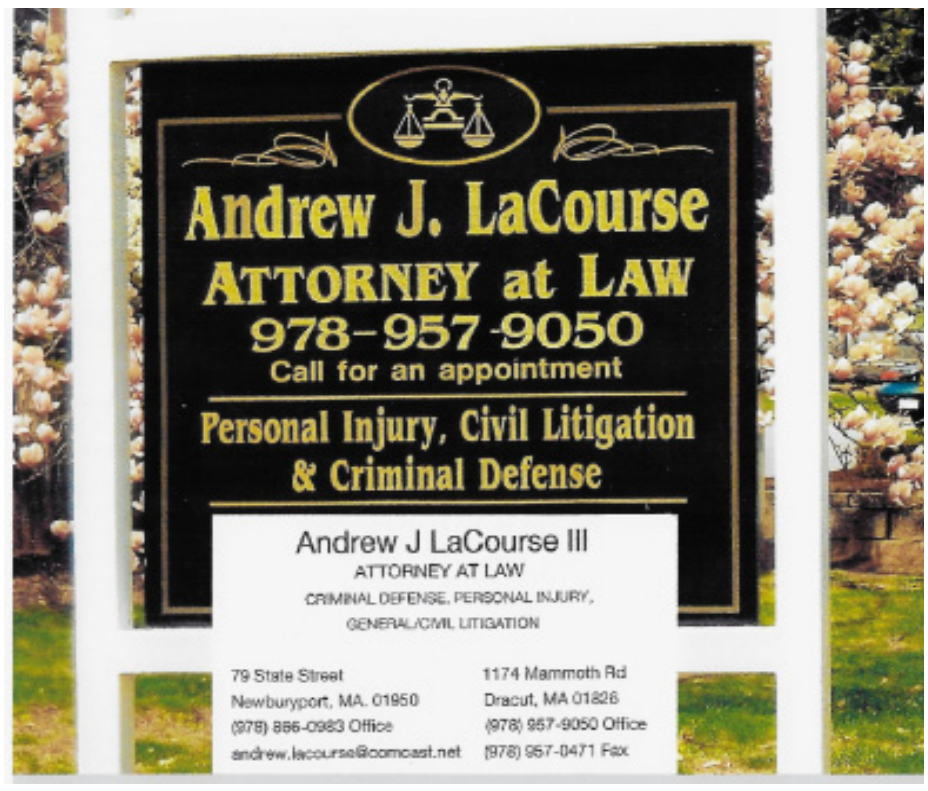


Salisbury Spends Nearly $1M on Boardwalk to Nowhere

The state of Massachusetts Administration's Seaport Economic Council gave a $922,888 grant for Salisbury Beach to build a 625 foot boardwalk on Ocean Front South. The boardwalk is being constructed over an existing paved street where people already walk and can see the ocean and sand.

John Albert, President and CEO, Home Health Foundation; ECCC members Rueben Cortez of Nashua, NH, Bill Douglas of Chelmsford, MA, Rick Brown of Chelmsford, MA, Laurie Montgomery-College of Chelmsford, MA, Dan Wolfe of Groton, MA, and Donna Deveau, Vice President of External Relations and Development, Home Health Foundation. Front: Carol Douglas of Chelmsford, MA.

East Coast Camaro Club Continues Support of Merrimack Valley Hospice with 2016 Donation

Lawrence, MA - Representatives from the Board of Directors of the East Coast Camaro Club (ECCC) presented a check in the amount of $5,500 to Merrimack Valley Hospice. This generous donation represented proceeds from the ECCC's 35th Annual All-Vehicle Car Show hosted in August. The club's ongoing support of Merrimack Valley Hospice helps the non-profit provide care to patients and families as they confront the challenges of advanced illness and end of life at home or at Merrimack Valley Hospice House in Haverhill.

"We are honored to be able to make a contribution in support of Merrimack Valley Hospice and the dedicated staff who care for patients and families at such a crucial time," said Rueben Cortez, Treasurer of the East Coast Camaro Club.

"We are thankful for the generosity of ECCC and to all who attended the East Coast Camaro Club's annual car show," said John Albert, President and CEO of Home Health Foundation which includes Merrimack Valley Hospice, Home Health VNA and HomeCare, Inc. "This is a longstanding event that benefits patients and families who rely on us for care and support."

Merrimack Valley Hospice, affiliated with Home Health VNA and HomeCare, Inc., is a not-for-profit agency dedicated to serving the needs of terminally ill patients and their families. Together, the agencies serve more than 110 communities throughout Northeastern Massachusetts, the Merrimack Valley, Southern New Hampshire and Southern Maine.

To learn more about Merrimack Valley Hospice, visit MerrimackValleyHospice.org

http://www.ticketor.com/loadingdock-arts/events or Contact: loadingdockarts.education@gmail.com

This program is supported in part by a grant from the Massachusetts Cultural Council, a state agency.

FROM THE BARRY KARA FOUNDATION FUNDRAISER was created in 1996 in memory of my oldest brother, Barry, who passed away that year after a 10 year battle with brain cancer. Barry was only 39 years old at the time of his death, but because he had such an influence on so many during his lifetime it was imperative we have his name and impact carry on. Since the inception of The Foundation, we have held a road race (Claddagh Pub Road Race) to raise funds for the foundation. Year one, we had 148 runners participate. Last year we had over 1100. The race has been a tremendous resource to raise funds, which has allowed the foundation to provide annual scholarships to students graduating from Lawrence High School and to provide support to the outstanding organizations that work with the children and families in Lawrence.

We'd like to do more. On Saturday, February 4th, 2017 we will be hosting a Comedy Night and Silent Auction (see link below) at the Claddagh Pub in Lawrence. We need your help. Please consider buying a ticket, making a donation or providing a silent auction item (sports tickets, restaurant certificates, vacation destinations and more). Any items or support is greatly appreciated. Again, please click on the link for more information.http://www.lightboxreg.com/comedy-show

The Karamourtopoulos Family appreciates your support. Please feel free to contact me with questions or to donate an item.

HAVERHILL - NEW MOON COFFEE HOUSE: Mustard's Retreat, The Lowdown

Musicians from Michigan to Maine will fill the New Moon Coffeehouse with songs to warm the soul and bring laughter to the heart on a cold winter's eve. Two groups: Mustard's Retreat (MI) and The Lowdown (ME) both perform on Saturday, January 21st starting at 8:00 pm.

The Lowdown features David Dodson with John and Rachel Nicholas. David writes great songs that run the gamut of American styles – folk, rock, blues, jazz and country – and range from poignant to hilarious. The Nicholas' songbook is full of extraordinary original music that speaks to the heart. With the rock-solid guitar playing, and the dynamic David-Rachel-John vocal harmonizing, all of their songs come alive.

Mustard's Retreat--David Tamulevich and Michael Hough--has been delighting audiences in song and story for over 40 years. The two are witty, insightful, fun, and profound, as well as accomplished songwriters and musicians. In addition to being raconteurs and storytellers, they will give you things to laugh about for days, and remember for years.

"We have never performed the same show twice," says Tamulevich, "Each night is its own unique moment, unique audience. For us, that is the exciting thing, the magic: to craft a shared experience and leave people entertained and moved...and with moments and songs they will take away with them and remember, ponder, rediscover; hopefully for years to come." Many of those moments are the result of their well-respected and broad body of original material, written both individually and together.

The coffeehouse is located in the Universalist Unitarian Church, 16 Ashland St, Haverhill MA. Admission to the show is $20; half price for those ages 18 and under. Tickets for this show are available at the door starting around 6:30; doors open at 7:30. Tickets may be reserved prior to the show by visiting www.newmooncoffeehouse.org, or by calling 978-459-5134.

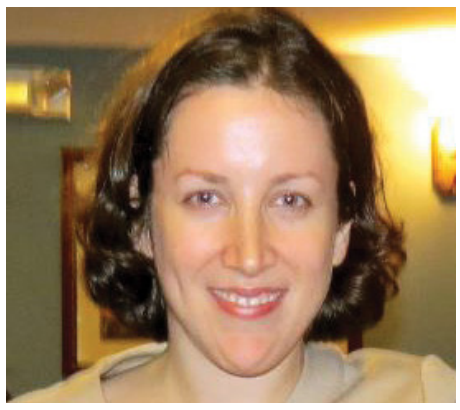
The New Moon Coffeehouse is a nonprofit, an all-volunteer organization dedicated to supporting and enjoying the creative talents of acoustic performers. We strive to bring you the best performers in a relaxing, friendly, smoke and alcohol free environment, where you can enjoy a great show, fair trade coffee, and awesome desserts.

The easiest way to get to the coffeehouse is to take 495 to exit 51A (Route 125 South). Stay on Route 125 South for about 1.5 miles. At intersection of Routes 125 & 110, look left for a red brick church. Turn left onto Kenoza Ave (aka Rte 110). Then first right by UHaul trucks. And right onto Ashland St. There are 2 parking lots available behind the church, on both sides of Ashland St. The coffeehouse entrance is also there, at the back of the church.

IN YOUR CORNER WITH SENATOR KATY IVES

This Legislative Session: Reducing Exposure to Toxins

Kathleen O'Connor Ives
MASSACHUSETTS STATE SENATOR



In my effort to continue to focus these columns on bills that I will file in the next legislative session, I want to discuss in this edition a bill I sponsored last session which sought to reduce human exposure to a dangerous chemical hidden in many items of daily use.

It's not uncommon to find the words "BPA-Free" written on things like your child's water bottle, the food containers that hold your leftovers, or the canned goods in your pantry. BPA is the abbreviation for the chemical, bisphenol A, and there are important public health and environmental reasons for the push to ban its application in common household items. However, its use persists in an item most people come in contact with multiple times a day: receipts.

BPA has been used for decades to make the durable, polycarbonate plastics that are used in food and drink packaging, safety equipment, and medical devices. The chemical is also used in the epoxy resins found in adhesives and paint, as well as in the thermal paper used in lottery and airplane tickets and, most commonly, receipt paper for most point-of-sale cash register systems. Its wide application creates many opportunities for exposure. Consequently, recent studies show that BPA can be detected in the blood and urine of over 90% of the population.

Last session, I filed Senate Bill 1200, "An Act to Reduce Exposure to BPA," which would have filled a major gap in the current public health regulatory framework which continues to permit the use of BPA in receipt paper despite its physical and behavioral health risks.

BPA is a known endocrine disruptor, altering normal hormone levels and producing adverse developmental, reproductive, and neurological effects. BPA has a particularly large impact on female fertility, interfering with the enzymes needed to produce the hormones key to healthy ovarian development. Exposure to the chemical has also been connected to brain and behavioral problems in childhood and increased risk of cancer in later life. Children, whose developing bodies are less equipped to efficiently eliminate toxins from their systems, are especially vulnerable to the effects of BPA exposure, including obesity, diabetes and ADHD.

This session, I will re-file my bill to ban BPA in receipt paper, and will be focused on garnering support for the legislation during the committee process, and getting this bill before legislators for action.

In the meantime, here are some helpful tips to reduce your own exposure to BPA-coated receipts:

1. Wear nitrile gloves (widely available online or at drugstores) if your job requires frequent contact with receipts.
2. Decline paper receipts at gas pumps, ATMs or retail cash registers, opting instead to have your receipt e-mailed if you're given that choice. If you can, use your smart phone for plane and train tickets.
3. Use a sealed plastic bag to store receipts you need to keep rather than carrying them loose in your wallet, purse or shopping bag. The coating can just as easily rub off on other items and increase your exposure.
4. Wash your hands as soon as possible after touching receipts, especially before cooking or eating food.
5. Avoid using alcohol-based hand sanitizer directly after handling receipt paper. Studies have linked alcohol-based sanitizer with increased absorption of BPA through the skin.

Senator Kathleen O'Connor Ives can be reached at Kathleen.OConnorIves@masenate.gov

State Mandates Defibrillators Be Placed in All Public Schools

In one of the final legislative actions of the 189th legislative session, both the Massachusetts Senate and House enacted a bill last month, which calls for public schools to install automated external defibrillators (AEDs).

For years, advocates from across the Commonwealth have pushed for this common-sense requirement to make the life-saving devices accessible in schools, especially during sporting events.

Brian Mercer, owner and CEO of "Band of Heroes" sells portable defibrillators and trains emergency responders and educators how to use them. Mercer says that the state's actions are laudable but school systems will have to train staff on how to use the devices.

"This is a great day for Massachusetts," Mercer told The Valley Patriot.

"Heart attacks are this country's number one serial killer. I applaud Senator Ives for spearheading and supporting this measure. It is going to save people's lives. My concern is that you will have these defibrillators in our schools and not enough people in those schools will be trained adequately enough to use them."

Mercer's "Band of Heroes" organization said that they would give a group discount to any school department interested in purchasing the devices or training their staff.

Haverhill resident, Diane Pickles says that as the mother of a child with a life-threatening congenital heart defect, she knows how "incredibly important it is for our schools to be equipped to handle cardiac emergencies."

"I am incredibly grateful to the American Heart Association for its tireless advocacy to get this legislation passed and to Senator O'Connor Ives for her staunch support of this life-saving bill. I look forward to seeing Governor Baker sign it into law and making sure that all of our schools are safer for our children."

Senator Ives said that she was grateful for the many people who shared their personal stories and experiences with her throughout the bill's progress in the legislature.

"I am proud of our amazing advocates who have worked tirelessly over the years to help make this happen. We have been fortunate to have legislative champions helping us get this passed. We would like to thank Senator O'Connor Ives for her dedication to the issue. We believe that the passing of this bill will ensure that students and athletes across Massachusetts have additional on-site safety equipment that could one day save their life," said Allyson Perron, Senior Government Relations Director of the American Heart/American Stroke Association.

Senate Bill 2449, "An Act Requiring Automated External Defibrillators in Schools," requires each school facility in Massachusetts to provide and maintain at least one AED on site in addition to having on staff a person who is a certified AED provider. A person certified in AED use must also be present and readily available at any school-sponsored athletic event. Importantly, these providers would not be held liable for any injury or death which occurs during a good faith attempt to render emergency care.

Notably, if a school system is unable to comply with these safety standards, the superintendent may request a hardship waiver from the Department of Elementary and Secondary Education, and the department must also make available to public schools a list of grants and other funding sources that a public school may access to facilitate the purchase of AEDs.

Governor Baker must sign the bill within 10 days in order to become law. If he does, the law will take effect on July 1, 2017.

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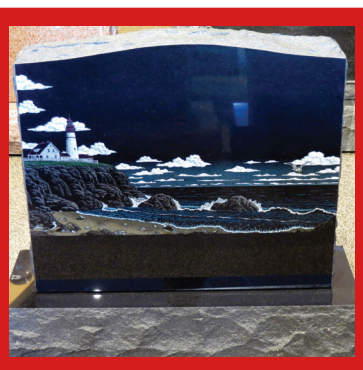

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Sarah Lemerise of Doctor's Express in the Santa Parade in North Andover

Doctor's Express Changes Name to AFC Health Care

Doctor's Express has officially changed its name to AFC Health Care. AFC Health Care can be found locally at 280R Merrimack St. in Methuen and 129 Turnpike St. in North Andover.

Sarah Lemerise, spokesman for the medical franchise, says that the name is the only change their patients will see.

Why the name change?

"For the past two years, Doctor's Express has been part of the American Family Care (AFC) network of more than 140 urgent care clinics across the U.S.," Lemerise said.

"To take full advantage of the benefits that being part of everything this world-class network offers, all of the Doctor's Express locations in the U.S. will be renamed AFC. Despite the fact you will see new AFC Urgent Care signage at our clinic, very little will change.

For example:

• We still have the same local ownership

• You will still be greeted by the same great staff

• You will still be treated be the exact same experienced doctors

• All of the same insurance plans will be accepted

• Our affordable co-pays and other payment rates won't change

• As always, you will receive the same quality healthcare and convenient services

CONTRIBUTING TO THE COMMUNITY

Prior to changing their name, Doctor's Express has been an integral part of the community over the last few years, quietly donating to local charities and helping local students with scholarships. Owner Lisa Williams says that their community involvement will not change with the new name of the walk in clinic.

In the last year all one Doctor's Express has donated:

$1,000 to The Valley Patriot's Charity BASH for scholarships to local students.

$250 to the YMCA Golf Tournament

Sponsor of the Merrimack Valley Relay for Life

Co-Sponsored Methuen Restaurant Week.

Sponsored the North Andover Middle School 8th grade graduation night.

Donated water to the North Andover High School track clinic.

North Andover SOS Night for seniors.

Health and wellness fair in Haverhill.

Co-Sponsorsed allowing for the City of Methuen to host a Restaurant Week that would be free for businesses to participate in.

For the second year Doctor's Express co-sponsored a Summer Movie Series, allowing the City to purchase the licenses to show free, outdoor movies to residents on a large screen. Movies have included The Wizard of Oz, Ghost Busters, and Frozen.

Co-Sponsored the Methuen Italian Festival.

Sponsored the Methuen's National Night Out.

Sponsored the Methuen Pop Warner Golf Tournament.

Sponsored Andover Day.

Sponsored the North Andover Fall Festival.

North Andover Sheep Sheering Festival.

Sponsored Wrestle-lympics in Law-

AFC: PAGE 24

Former Councilor Arrested Again, Says Lawrence PD Show "Disrespect"

Former Lawrence City Councilor Sandy Almonte has been arrested again, this time in Lawrence after police learned she had a warrant for her arrest out of North Andover for driving without insurance.

The former District "A" (Prospect Hill) councilor resigned back in August of this year after being arrested in Nashua, NH, for assault and resisting arrest. Almonte says her case was continued without a finding with a $300 fine. Almonte says that if she keeps her record clean for four years the arrest will come off her record.

Witnesses say that Almonte was arrested in Lawrence on Sunday, December 11th after her son was the victim of a hit and run driver resulting in a verbal altercation between Almonte and police.

"Yeah, I was a bitch. I admit that. But, Officer Farrington treated me disrespectfully. He acted like he didn't know me, and told me I couldn't pick up the pieces of my son's car in the street. I said, 'you know who I am.' He said, 'you are nobody.'"

"So, yeah, my son and his girlfriend were in the hospital, it was a very severe car accident. So, I got into it with him, I told him he can kiss my ass, and I went ahead and picked up the pieces anyway."

That's when, Almonte says, police ran her information and found out she had an outstanding warrant out of North Andover.

"I had moved; the court sent the notice to my old address, and obviously I didn't show up, I never got the notice. But, they had no right. Why did they run my information? Who do they think they are? They had five cruisers and ten cops show up at my house to take me in, and they never had a female officer search me like they are supposed to. Officer Farrington searched me. And you can quote me."

Almonte said she didn't file a complaint against the officer because, "they would just wipe their asses with it. We all know that wouldn't go anywhere. So, I'm going to get a lawyer and then I'm going to file a complaint."

"The Lawrence Police have no respect for the people they serve. I'm sick of the abuse that police officers in our city give to the residents of our city, including myself. They disrespected me by telling me to my face that I'm nobody."

"They didn't even file a police report on the hit and run. Even to this day, there is no police report on the hit and run. My son's car is a very expensive import from Japan. He was hit, he and his girlfriend were severely hurt, do they care?

No, they don't care."

Almonte announced in The Valley Patriot when she resigned in August that she would be running for mayor in 2017, but now says she isn't sure she is going to seek the corner office.

"My heart is still very much wanting to run for mayor. I'm still getting phone calls from people all the time telling me they believe in me, and that I am the person they want as mayor. But, do I want that headache now for myself and my family … I'm not sure anymore. At the end of the day you also have to realize how ungrateful so many people are. I mean, for so many people in this city, you could give them a million dollars today and tomorrow they don't care. I'm a big mouth, and I'm not going to shut up. I will stay involved but, I'm not sure if I still want to run for mayor. But, if I do decide I promise The Valley Patriot will get the story first."

Lawrence Police Officer Farrington would not comment on the record about the incident, but another officer present said that Almonte was out of control, screaming and creating a problem for police while they were trying to investigate the crash. She was initially summonsed for disorderly conduct but the charge was removed by the arresting officer. Almonte appeared in court and paid a fine on the warrant out of North Andover.

Almonte was replaced on the Lawrence City Council by former rival Myra Ortiz, who is filling out her two year term on the council.

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KATHY'S LAWRENCE NOTEBOOK

Politicians Behaving Badly

Kathy Runge
LAWRENCE COLUMNIST

In December ex-District A Councilor and potential mayoral candidate Sandy Almonte verbally abused a Lawrence police officer at the scene of an accident involving her son. Elsewhere in this month's edition she is quoted as saying:

"He acted like he didn't know me, and told me I couldn't pick up the pieces of my son's car in the street. I said, 'you know who I am.' He said, 'you are nobody.' ... They disrespected me by telling me to my face that I'm nobody."

Calling a person 'nobody' in response to a 'you know who I am' spoken by someone who thinks they're special is a little different than just calling someone a nobody out of the blue.

As part of an October deal in an unrelated assault case from Nashua, Almonte agreed to enroll in anger management therapy and to be "of good behavior" for a year. She was supposed to have a hearing on her compliance with the anger management in late December but, for obvious reasons, it got delayed until spring.

A YouTube video of part of the Lawrence incident was posted, but is now inaccessible. It begins as Almonte is telling the officer who she is. She continues in an out of control rant, making obscene gestures at the officer. This brought back fond memories of old council meetings.

Our politicians and political hopefuls swooped in to get some publicity over the recent beheading. Almost everyone standing by the victim's family in interviews who wasn't a family member was a councilor or candidate.

A December School Committee meeting had to be abruptly adjourned when District B Committee Member Francisco Paulino almost got into a fight with a school employee regarding the incident. I'm guessing that signals a run for Councilor. Let's just say Receiver Riley's job is secure for the foreseeable future.

The city of good excuses: The December 20 council meeting didn't have a quorum of five councilors until 7:30. Councilors Abdoo, Alvarez-Rodriguez, Ortiz, and Reyes were missing. As a consequence, an important vote on an appropriation couldn't be taken as six votes are required to pass appropriations.

At the beginning of council meetings we hear the good excuses for absences from the Council President. When Representative Frank Moran was Council President, he wouldn't hear anyone's excuses.

The Ordinance Committee, consisting of Councilors Reyes, Alvarez-Rodriguez, Maldonado and Rodriguez hasn't met since November 9. This was not for lack of business. I'm sure they had good excuses. They should be meeting the second week of January.

Almonte certainly thinks she had a good excuse to act out and I'm sure Mr. Paulino has one as well. That is Lawrence's problem. Everyone has a "good excuse."

Election results: I can say without a doubt that we're not as bad as Detroit. An analysis of the November election results for Lawrence finds over 30 pairs of duplicate registrations both credited with voting.

Fourteen of these have the exact same first name, street address and birthday with the last name expanded/hyphenated in one of the registrations.

Nine others are like the above with a one letter difference in the names. I don't include potential duplicate registrations from younger people that may reasonably be assumed to be twins.

Of these twenty-three pairs there were only four cases where one in the pair voted early, so it doesn't seem like early voting had a large effect on these instances of potential voting fraud.

Come moor your boat in Lawrence: There are at least five boats parked at the Buckley Garage in downtown Lawrence. This doesn't seem right. How much does it cost to store your boat in a municipal garage?

Have a great 2017.

Lawrence Police to Start Using NARCAN

The Lawrence City Council approved the use of NARCAN last month, allowing Lawrence Police to carry the controversial medication which literally revives people who die from heroin overdoses if they are caught in time.

The measure passed unanimously.

The Lawrence Police Department will now receive a $35,000 grant from the state's Department of Public Health to train, equip and outfit all Lawrence police officers with the life-saving drug.

Narcan, an opioid antagonist, can quickly reverse the effects of a potentially fatal painkiller or heroin overdose by displacing the drug from the receptors in the brain. It has minimal side effects, is reportedly not dangerous if administered to a person who is not overdosing, and it has no potential for abuse.

Vice Chairman of the Lawrence City Council Marc Laplante said that his first inclination was to vote against the use of NARCAN, because it enables drug users who know that they can come to the City of Lawrence and overdose without fear of dying.

Laplante said he was, however, voting for the measure to allow police to purchase and use NARCAN because, he said, it was a tool, and only a tool to save people's lives. "This is not going to solve the opioid problem," Laplante said.

Laplante said it would only be the police department carrying the medication, not the fire department.

He said that last year there were 47 confirmed opioid deaths in the City of Lawrence. Only 23 were actually from Lawrence. The number of times NARCAN was administered at Lawrence General Hospital last year was 277 times. Laplante noted that there may be instances where the same person had NARCAN used on them more than once.

"Our officers are often the first responders at the scene of an overdose," said Chief Fitzpatrick.

"By supplying all of our police officers with Narcan, we can help prevent the tragic loss of life due to addiction in our community."

On Councilor Laplante's recommendation, the council also voted to invite officials from the police, fire, Lawrence General Hospital, The Lawrence Methuen Community Coalition, and perhaps a member of the trade associations of pharmaceutical companies to present a complete overview of the opioid epidemic in the city.

That vote was also unanimous.

In addition to Narcan deployment, Lawrence Police are expanding education and awareness training throughout the department, and working with Lawrence Public Schools students, as young as fifth grade, to make them aware of the dangers of drug and alcohol use and peer pressure, while also building self esteem.

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PHOTO: RICH RUSSELL

North Andover Police Chief Chuck Gray said he was honored to be asked to light the Grand Menorah at the North Andover Common last month.

Jessica Shannon, Effie Kombouras, Ashley Parolisi, and Talisha Santiago of Heav'nly Donuts on Main Street in North Andover, celebrate "Best Bakery" award given out by Spectrum for 2016.

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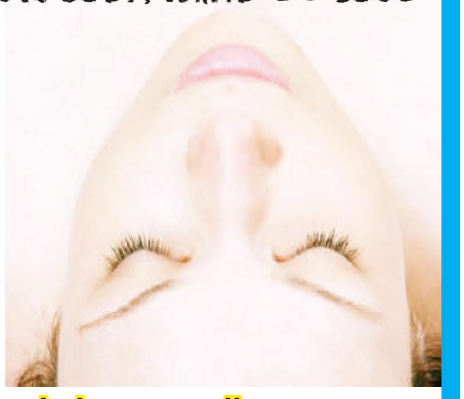

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THE VALLEY PATRIOT AROUND THE WORLD! Lawrence native Al Zappala and Eszter Vajda of Andover display their Valley Patriots in Sicily. Take your Valley Patriot with you when you travel and send us a photo!

Methuen City Councilor Tom Ciulla with newly sword in Essex County Sheriff Kevin Coppinger at his inauguration.

COATS FOR KIDS FROM COLUMBIA GAS! 600 children from low-income families in Brockton, Springfield, and Lawrence have new coats, hats and mittens thanks to the employees of Columbia Gas. For every request Columbia Gas received for a home energy assessment during the month of October, they donated a new coat to a child in a Head Start program administered by local fuel fund assistance agencies. Employees also donated new hats and mittens and volunteered alongside local firefighters to fit each child with his or her new coat.

Lawrence native Derrick Feole shows off his new art and photo exhibit from his travels in Africa. Feole Images is located at 492 Sutton St. in North Andover on the 2nd floor of Eagle East Aviation at the Lawrence Airport. To visit the gallery or get more information, (978) 204-3164 or email: derrick@feoleimages.com

A TRUE VALLEY PATRIOT: When Lawrence Firefighter Juan “Manny” Gonzalez isn’t putting out fires while on duty, he is handing out blankets, food, water and other necessities to fire victims in the city. Gonzalez runs a non profit called “Heal Lawrence” to help people displaced from house fires get back on their feet. Gonzalez and his volunteers also set up a registry on line so that people who want to donate know what items each family needs. To learn how to help call (978) 902-2336

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Those Who Came Out in 2016

Dani Langevin
VALLEY PATRIOT LESBIAN COLUMNIST

There has been a lot of focus on celebrity deaths over the past year, especially in the past few weeks where 2016 seemed hell bent on shocking us all with a number of rapid losses. Instead of focusing on the past year's losses, I thought I'd focus on some of those who took the leap and opened up their closet doors. This is still a very personal and often times painful process, but it is one that becomes even more difficult when you are held to certain standards depending upon the limelight that causes you to be under more scrutiny than your average LGBTQ+ person. Those of you who still struggle with this community and why we have to "announce" our sexuality may never get why it is so important to do so and I'm not about to give you a life's lesson. I just want to celebrate those who were brave enough to do so in hopes that it will continue to save lives and validate those of others who struggle with unsupportive friends and family members.

Let's look at the world of athletics. Most of us wouldn't know many of these names because they are not Tom Brady or Serena Williams. It doesn't matter. What matters is that these are people known for their athletic prowess, making a living off of what is silently touted as a heterosexual vocation and are willing to risk breaking the constraints of sexual stereotypes. Mason Darrow is a member of Princeton's football team who came out to his teammates saying, "It was the best decision I'd ever made." Professional wrestler Matt Cage came out because he was according to The Advocate, "Tired of hiding and being depressed." Chris Burns (Bryant basketball coach), David Denson and Sean Conroy (minor league baseball), Keegan Hirst (rugby), and Bill Kennedy who said that he was proud to be an NBA ref and a gay man.

Athletes, especially male athletes, admittedly say how difficult it is for them to come out in a "man's" world, but what about those people who have chosen a life of the cloth? What is so difficult to see these people as sexual human beings? The life of chastity imposed on religious leaders of certain faiths was not a God given dictate. It was a restriction created by men to control men. Human beings, for the most part, are social/sexual beings and no one should be denied that simply because they have faith. Father Martin Dolin of Ireland came out to his congregation this year, after telling them that he supported gay rights and same sex marriage. Rev. Warren Hall came out after he lost his job at Seton Hall University because he posted something on social media in support of the LGBTQ+ community. He lost his job! For speaking up for a minority group that has been historically mistreated (a euphemism for sure). Isn't that what Jesus did-embrace the downtrodden? Jayne Orzane is a lay leader of the Church of England. She went through conversion therapy because she struggled so much with her faith and sexuality. She even considered suicide. Why does there have to be a separation of faith and sexuality. Wasn't it God, after all, who made these people, these wonderfully brave, intelligent and selfless people who they are?

Here's a list of some political leaders that came out in 2016: Ireland's Health Minister-Leo Varadkar; Alan Bell-Chief Minister of a small island in the British Isles; Nick Gibb-a member of the conservative party in Parliament. Then there is the story of Itzik Shmuli. He is a member of the Knesset, Israel's Parliament. Now you can imagine how closeted one must be in Israel, especially a political leader. However, when a knife wielding man attacked participants at a Gay Pride Parade in Jerusalem, Shmuli could no longer be silent.

On a side note, this incident took place in July of 2015, but I had to include it in my column. Shmuli came out after this took place stating. "This terrible criminal act that once again happened in "the city of God", is an attack on all of us. It attacks the right of all of us to be different, make our choices, accept differences and include the other."

Among those who came out last year and have some sort of a name in the media were actors and actresses, singers, Youtube celebs, journalists, activists and so many more. They are but a microcosm of the hundreds of thousands, if not, millions who continue to come out, struggle to come out or never do because they are paralyzed with fear to remain in the closet. For every person who is in some sort of limelight there are scores more whose lives were just saved because they now have a hero. Well done 2016. Lets keep that closet door open along with our hearts and minds.

Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at dblangevin@aol.com

Beneath the Surface

A New Year's Resolution

Paul Murano
VALLEY PATRIOT COLUMNIST

If you're looking for a new year's resolution I have a suggestion. Resolve to contemplate more. Busyness of life and of mind may be the biggest obstacle to inner peace. The great Aristotle once said contemplation was the highest form of happiness. It satisfies the highest part of human nature and is the way to acquire wisdom.

An absence of contemplation in life results in falling prey the mentality of the culture. G.K. Chesterton once remarked that there is nothing more degrading than the slavery of being a child of one's age (or culture). This is true since we have the innate ability to rise above time and place to contemplate universal truths. Our unique powers of intellect and will enable us to judge trends, movements, and even cultures. Sadly, people utilize what makes them uniquely human, their reason, much too infrequently.

Everyone with a sense of recent American history knows mainstream culture has radically shifted since the 1960's. In many ways this was a positive thing. America was recovering from a traumatic post-war mentality and began a period of renewal with respect to human rights, creativity, and prosperity. Unjust wars were protested, civil rights were demanded, and rigid stereotypes were loosened. Technology also advanced, challenging traditional modes of living. Being a Democrat made sense since it was the party that championed the rights of those with no voice and challenged social conventions that were no longer needed.

Unfortunately, it wasn't long before the proverbial baby was thrown out with the bath water. A culture of hope quickly devolved into a culture of death. Why? Let us go beneath the surface.

Amidst the fight for human rights we forgot to ask what they are and from whence they come. We lost touch with human nature as our base and demanded that acts be judged by a shallow calculation of perceived or immediate consequences. The ultimate strategy became one which equated feelings with identity. Disordered desires became 'who' we are rather than 'what' we feel, and anyone who challenged this was met by labels ending in 'phobe' or 'ist'.

Somewhere in the late 1970's, the movement to free people from self-imposed limitations and unjust discrimination became a movement to free people from their humanity. The Democratic Party quickly became the party in which feminists rejected femininity, human rights advocates rejected human nature, tolerance advocates became extremely intolerant of speech and thought, and defenders of the little guy supported the mass slaughter of the 'littlest guys', the unborn.

A well formed conscience knows that unjust discrimination is a moral evil, but it also knows just discrimination is a moral good. It knows transgressing another's personal bodily integrity without permission is a moral evil, but it also knows transgressing another's personal bodily integrity with permission is a moral evil. It knows the abolition of slavery, the allowance of interracial marriage, and the opportunity to develop personal gifts and talents are all human goods we have a right to pursue. Yet, it also knows unnatural acts such as lusting after pornography, premarital sex and prenatal homicide (i.e. fornication and abortion), and homosexual acts are violations of human nature, intrinsically disordered and objectively abuse, regardless of their current popularity.

The current confusion leads people to equate goods that fulfill natural inclinations with perversions that indulge disordered desires. Two basic examples include behaviors relating to continuance of life: sex and eating, which in truth are transformed into acts of love only when their natural ends are not contradicted. We hear people equate interracial marriage with "same-sex marriage". The natural ends of marriage are sexual union and procreation; it is clear that male and female of different races can achieve both objective ends. People of the same sex, however, cannot unite sexually nor procreate as a result of such union. The former is a marital good, the latter a perversion of human nature. In regard to food, the unbiased mind is able to see that embarking on the natural act of eating for its pleasure only then to vomit, thwarting its natural completion, is an intrinsically disordered act. It is also clear that contraception is disordered in the same way as it relates to sex, seeking pleasure while intentionally thwarting its natural end.

Reason clearly understands basic truths of human nature once cultural and personal bias are rejected. Without contemplation the layers of cultural conditioning with their irrational presuppositions remain unchallenged.

Since radical individualism has permeated the modern world with its accompanying moral relativism, it is challenging to overcome our blindness to the solidarity of all people via a common human nature with common objective ends. Meaning and purpose are understood not through the media or academia, but through simple contemplation - the freeing of the mind and heart to the attainment of their natural ends –truth and goodness. In contemplation we leave behind all bias and selfish deformation from our upbringing.

Wisdom also sees that violating human nature has consequences, even when we don't recognize them. One is self-hatred. This often triggers a psychological defense mechanism leading to bitterness toward anyone who may challenge the lie one has chosen to live. Without humble recognition of a higher power of infinite mercy who is eager to offer healing, forgiveness and hope, the path of cynicism and bitterness continues indefinitely.

The new Trump administration offers change in the federal government, but nothing will really change without a change in people's thinking. For that to happen, coincidentally, there needs to be thinking. This means avoiding the ubiquitous 'noise' of the world that disables the mind from rising above cultural presumptions to contemplate objective and eternal truths.

Let us begin 2017 with a new year's resolution to contemplate more: to open our hearts and minds to truth wherever it may lead and be open to whatever it may bring. Despite sacrifices of popularity and immediate gratification, this is only way to every person's true desire: happiness.

Paul Murano teaches philosophy at Rivier University and North Shore Community College and is host of Beneath the Surface radio show on 980 WCAP, Mondays 10-11pm (podcasts available www.facebook.com/fellowtruthseekers). He teaches adult enrichment at St. Patrick's in Nashua, is founder of Heartbeat Pregnancy Help Center in Burlington, and is a guitarist & singer. E-mail Paul at PJDM@aol.com

Arbeit Macht Frei Four Million Bullets

The Fight for Survival

Beth D'Amato
VALLEY PATRIOT COLUMNIST

Treblinka, Buchenwald, Dachau and Auschwitz… The mere mention of these places should make every human's blood run cold. The horrors that went on within the walls of those extermination camps in Germany and Poland during WW II were unimaginable. Why did some Jews survive the death camps while others did not? And more importantly, why did Jews allow themselves to be taken without a fight and led like lambs to the slaughter are questions Jeff Hoffman is asking.

Hoffman, a Jewish gentleman who grew up in Marblehead, MA is a cinematographer and producer who's making a documentary highlighting the extraordinary bravery of the people of Israel after the atrocities of WWII. Hoffman's interest and curiosity about the war and the Holocaust led to his extensive research. During this time he visited Canada (where he has dual citizenship with America) the Czech Republic, Jordan, Israel and Switzerland. His film highlights the true story of a bullet factory built in Israel after the war. The factory was built underground and hidden below a Kibbutz. It was in operation from 1946 to 1948. The Jews who worked in the factory day after day, month after month were well aware that if caught – they would be put to death.

Inspiration

What spurred the making of this documentary were the contents of a cardboard box left to him by his grandfather. Hoffman's grandfather, Leo Quint was a Zionist who immigrated to Newton, MA from Russia in the 1920's. He left his grandson a box of old 8mm films he shot during the 1950s in Israel. Among the many reels of footage, it was discovered that Jeff's grandfather was responsible for bringing surplus work trucks to Israel to use as much needed ambulances.

Hoffman had this footage and got to thinking – "there's a story here.'" The story is now taking shape as the documentary entitled "4 Million Bullets."

Visionaries

Known as Israel's Founding Father and the first Prime Minister of Israel, David Ben Gurion along with Golda Meir (Israel's fourth Prime Minister) went to New York in 1945 on a fundraising mission. They knew there was going to be an eventual war involving Israel before it was founded. The very recent past reminded them that they could not just sit and do nothing. They would not be led away again. This time, they will fight. What they needed was an army if they were going to have a country, as Hoffman recounts the history, but how do you build an army for a country that's yet to be formed?

They had to somehow get the cash needed to buy aircraft, arms and ships. With the assistance of Rudolph Sonneborn, Meir and Gurion met with several, very rich American Jewish businessmen who funded the equipment needed along with a war surplus that was being sold off after WWII around the country to help buy much needed supplies. All of this had to be secretly shipped to Israel. With the help of Sonneborn, they were able to raise $190 million dollars by July 9th 1945. This was a huge undertaking. There were countless people involved in this massive, undercover mission to help Israel. Nothing deterred them. Not even the looming certainty of death.

Never Again

The ammunition manufactured in the underground bullet factory contributed to the establishment of the state of Israel. The bullet factory is now a museum open to the public. Known as Machon Ayalon, the factory stands as a testament to the bravery of all involved and those who died for the cause. The title of this column is: Arbeit Macht Frei. This is a German phrase meaning "work sets you free" and was ironically the actual signage hanging over the main entrance of the death camp, Auschwitz.

We fight every day and will continue to fight so places like Treblinka, Buchenwald, Dachau and Auschwitz… never come into existence again.

A personal message from Jeff Hoffman: Through the eyewitness accounts of the

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Civilized Savages and the Lessons They Teach

Forest Rain
VALLEY PATRIOT ISRAELI COLUMNIST

Heart pounding, a 12 year old Jewish girl runs down the street. Her legs pumping as fast as they can go. She looks behind her. Fear gripping her stomach, she sees that the gang of Arab men is gaining on her, their knives flashing in the sunlight.

If they catch her they will kill her.

To them it is a game. Sport. She knows that what's at stake is her life.

She hears laughter from above. Looking up, she sees British soldiers on the rooftops.

For a fleeting moment, she thinks they will help her. They could stop the men. They could save her!

To her horror, she realizes that the British soldiers are laughing at HER. They were taking wagers, betting on the chances of the Jewish girl escaping death.

Hope fades as quickly as it had been ignited.

She runs till she feels her heart is about to burst, her little legs collapse beneath her. Then, suddenly, a door opens. A hand stretches out and grabs her, pulling her inside.

An Arab woman was bending over her, gesturing for the Jewish girl to be quiet. Urgently she pulled the girl to the back of her house.

What did this woman want from her? It took the girl a moment to understand that the woman was ushering her out the back door of the house. The Arab woman was providing an escape route, offering the girl life.

I am alive today because that Arab woman saved my grandmother's life.

The 12 year old girl grew up to be my grandmother. My Jewish Palestinian grandmother had an Israeli daughter. The Arab woman was also a Palestinian. At the time the term referred to Jews and Arabs who lived in the land of Zion. The land was renamed by the foreign occupying power to diminish its legacy as the home of the Jewish people but at the same time the Jews of Europe were being told to "go home to Palestine." Everyone knew that Palestine was Zion, the land of Israel, home of the Jewish people.

The Arab woman who saved my grandmother was a hero. She, not the British soldiers, rescued my grandmother from the lynch mob of Arab men. She saw the danger, understood how terrible the consequences would be and acted morally – at her own personal risk. The soldiers also saw the danger, they also understood the consequences. Their reaction was to laugh.

Oh, so civilized…

Fast forward to 2016, the UN Security Council. The representatives of the world vote, declaring biblical Israel, Judea and Samaria, the Golan and Jewish Jerusalem occupied Palestinian land. Jewish presence is, they declare, illegal. Israeli towns, holy sites including the Western Wall and the Temple Mount in the heart of Jerusalem are "illegal settlements." Suddenly, everything that tied Jews to Zion for thousands of years, the places that served as inspiration for the world, have nothing to do with Jews, and Israelis have no right to be there.

One after another the representatives of the world vote to wipe Israel's legacy off the books of history, knowing what this will mean for Israel's present and future.

Israel's eyes lifted to the American representative. America has a history of standing for right when the rest of the world is wrong. America, the land whose founders declared it the New Zion wouldn't let the rest of the world declare that Zion never existed… would she?

The wars against Israel, fought and lost could not disconnect the Jews from Zion.

The terror tactics meant to push Jews off the land only made the Jewish people cling harder to their only homeland.

Now, in the comfort of a room half way around the world, the nations of the world declared victory for those who wish to remove Israel from Zion.

And they laughed. The crowd of spectators applauding, gleefully. History doesn't matter, scientific proof doesn't matter, international law doesn't matter. "Getting the Jews" is fun. Sport. A reason to cheer.

How civilized.

And then there are the Egyptians. At first, they were convinced that submitting the UN resolution was a good idea. Realizing the damage it would do to Israel,

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Sacroiliac Joint Pain ~ THE DOCTOR IS IN

Dr. Rami Rustum
VALLEY PATRIOT MEDICAL COLUMNIST

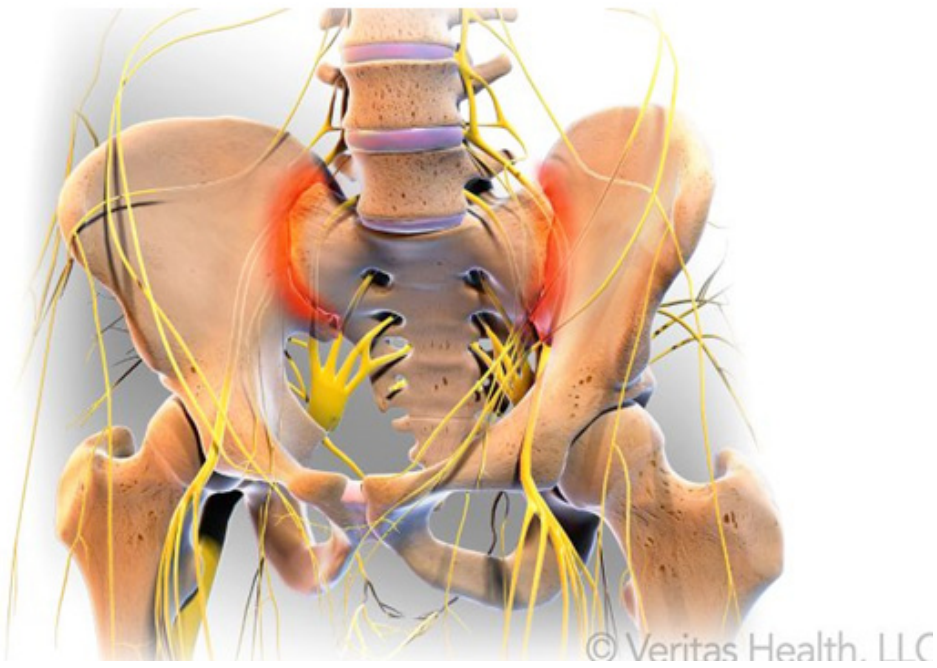
The sacroiliac (SI) joint is a strong weight bearing joint in the pelvis that connects the sacrum and pelvis. There are two joints, one on each side of the sacrum. This joint is reinforced by strong surrounding ligaments. Both joints move together as single unit to transmit upper body forces and provide shock absorption for the spine. A series of ridges and valleys in the joint fit together like a lock and key, much like if you put your knuckles together. There is a small amount of movement in this joint to allow for a walking gait pattern in normal human locomotion. Just like other joints in the body, this joint can become inflamed, unstable and dysfunctional.

Causes of sacroiliac joint dysfunction:

As with most other joints in the body, the SI joints have a cartilage layer covering the bone. The cartilage allows for some movement and acts as a shock absorber between the bones. When this cartilage is damaged or worn away, the bones begin to rub on each other, and degenerative arthritis (osteoarthritis) occurs. This is the most common cause of SI joint dysfunction. Degenerative arthritis occurs commonly in the SI joints, just like other weight-bearing joints of the body.

Another common cause of SI joint dysfunction is pregnancy. During pregnancy, hormones are released in the woman's body that allow ligaments to relax. This prepares the body for childbirth. Relaxation of the ligaments holding the SI joints together allows for increased motion in the joints and can lead to increased stresses and abnormal wear. The additional weight and walking pattern (altered gait) associated with pregnancy also places additional stress on the SI joints.

Any condition that alters the normal walking pattern places increased stress on the SI joints and is a risk factor for SI joint dysfunction. This could include a leg length discrepancy (one leg longer than the other), or pain in the hip, knee, ankle, or foot. Patients with severe pain in the lower extremity often develop problems with either the lower back (lumbar spine) or SI joints. Usually, if the underlying problem is treated, associated lumbar spine or SI joint dysfunction will also improve.



There are many disorders that affect the joints of the body that can also cause inflammation in the SI joints. These include gout, rheumatoid arthritis, psoriatic arthritis, reactive arthritis, and ankylosing spondylitis. These are all various forms of arthritis that can affect all joints. Ankylosing spondylitis is an inflammatory arthritis that always affects the SI joints. It can lead to stiffness and severe pain in the SI joints, due to inflammation in the sacroiliac joints (sacroiliitis). As the disease process continues, the SI joints can fuse together and have no range of motion. Once this occurs, there is no further pain associated with the SI joints. Rarely, bacterial infection can involve the sacroiliac joints.

Symptoms

Pain can be from inflammation of the sacroiliac joint, called sacroiliitis. This is commonly felt as pain on one side of the lower back to the right or left of midline where the joint is located. The inflamed joint can become dislocated, as if the lock and key grooves are in the wrong position. When SI joint dysfunction is severe, pain can refer to the hip, groin, buttocks, and even down the back of the thigh. Pain may be worse with movements that stress that joint, such as standing up from a seated position, walking up an incline, elliptical exercise, prolonged sitting or walking, or twisting when rolling in bed at night.

SI joint dysfunction or inflammation can mimic pain similar to degenerative hip disease, hip bursitis, lumbar disc herniation, or pinched nerves.

Treatment:

Initial conservative treatment options for the SI joint typically involve physical therapy, medications and injection management. Physical therapy works on manually readjusting the SI joint when it is immobilized or dislocated and provides stabilization exercises to long term management. Medications such as NSAIDs may be used to decrease overall inflammation. Localized steroid injections into the SI joint can provide targeted therapy to reduce pain and inflammation and allow physical therapy to make further progress. If the SI joint favorably responds to steroid injections but the benefits only last temporarily, another non-operative treatment is available called radiofrequency ablation, RFA.

When non-surgical treatments for the SI joint fail, surgical options provide permanent stability and pain reduction.

Dr. Rami Rustum of Merrimack Pain Management Associates is located at 280 Merrimack St, Lawrence, MA 01843 | Phone: (978) 685-2455

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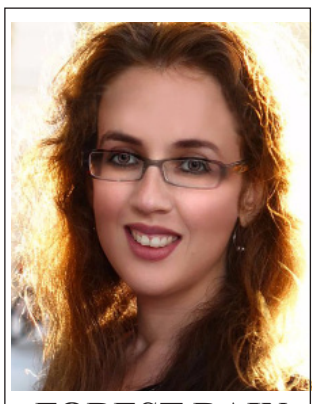
they pulled the resolution.

Then the Americans found a different way to make sure the resolution was submitted and passed. The Egyptians were privy to the American betrayal of Israel and wanted to have no part in it.

Even though Israel decided to hold back the details of the American plot, the Egyptians rushed to release the information, signaling to Israel: "We want peace, not your destruction. We want to help, not create damage."

Watching these events unfold I am left to wonder, who is civilized and who is the savage?



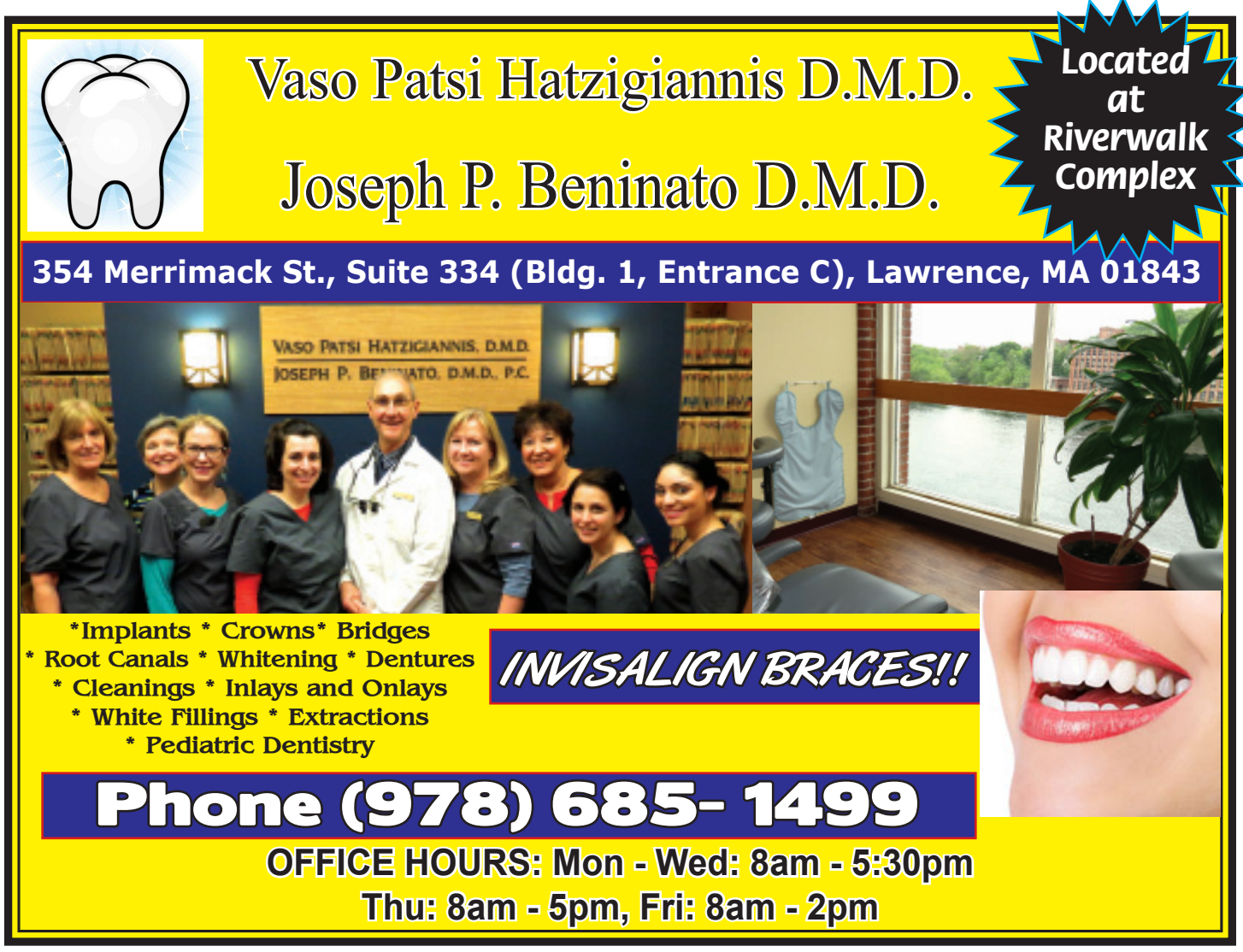
FOREST RAIN

We may have advanced but the world hasn't changed. Sometimes the most "civilized" people or nations are the most vicious and to this day, many consider "getting the Jew" good sport.

The Jewish people must never be beholden to the mercy of the "civilized." There is no one we can count on for security – but ourselves.

It is actions that count, not words. Content of character is all that matters – moral clarity, not titles or declarations of friendship.

Sometimes true friends are found in unexpected places. Sometimes they are the ones that pull us out of the jaws of death. Or at least they try.



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people directly involved, present for and participating in key events, it is our hope that the world will learn the compelling truth behind this vital moment in history. This project is one that must be completed as soon as possible, firstly due to the age of the participants in the film, and because of the climate of anti-Israel sentiment that pervades the global media today.

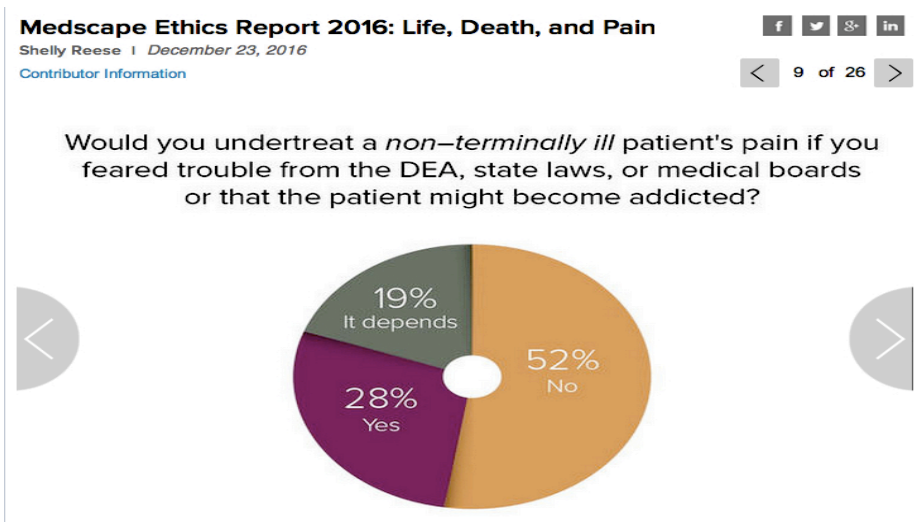
The timing has never been more crucial, and we must complete production while these people are still with us. Our goal is for this film to be a part of every church, synagogue, school, and library collection throughout Canada, the U.S., Europe and Israel, ultimately reaching as far as possible to share these incredible tales of bravery and hope with the world. Please consider helping us make this a reality.

For more information or to donate a tax deductible contribution please visit http://www.squashhouse.net/4-million-bullets Click on the Contact/Donate Button

Thank you for your support,

Director: Jeff Hoffman Producers: Divvy Ahronheim and Jeff Hoffman

Beth D'Amato is chairman of the Waltham Republican City Committee and a reporter, photographer, and columnist at The Valley Patriot. You can reach her at: beth7062@yahoo.com



48% of DoctorsWould Let You Suffer to Please State Medical Board

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

Medscape and other medically-oriented web organizations periodically conduct surveys of physicians nation-wide on various topics such as physician burnout, compensation, best places to work and so on. Around once a year the ethics survey comes out and is always worth examining.

One question from this year's survey stood out to me. VP readers have read previously about how doctors traditionally have always let non-medical people dictate their professional decisions. Very few doctors historically have hung on to "their" profession in the face of societal or governmental pressure.

One such rare physician was Dr. Hans Creutzfeldt in Kiel who flat out refused to let other doctors murder his patients even though that was very much the in thing at the time. Amazingly he even managed to rescue patients from within the concentration camps. Very few doctors did that, though they could have.

Another was Dr. Hollo Ístvan in Budapest who personally saved a diabetic dissident playwright from being murdered by simply being locked into a hospital room without his insulin. Dr. Hollo happened to be walking by, smelled ketones, ordered the door open and sat on the patient's bed for the next 14 hours to ensure he received proper treatment and survived. He of course was fired the next day and replaced by a loyal Progressive who would be sure to not do the same, but it is still Dr. Hollo that history remembers fondly.

Which brings me to the 2016 Medscape survey on physician ethics. Some bright person at Medscape asked the question:

"Would you treat a non-terminally ill patient's pain if you feared trouble from the DEA, state laws, or medical boards or that the patient might become addicted?

Fully 48% of physicians said they would allow such concerns to play a role in how they would treat a patient in pain now.

Medscape did not split the question further into its two component parts: fear of the government, meaning fearing for your own self OR fear for the patient's own future.

But ultimately it does not matter. About half the physicians reported that they would not treat a patient in pain NOW because of either concerns for themselves and their income or a vague concern that the patient "might" get addicted sometime in the future.

So there you have it. Despite hoodwinking us all with claims about evidence-based treatment and patient-centered care, in reality half of the doctors would not treat a patient in pain there and then before their eyes based on concerns that are not evidence-based or patient-centered.

Bharani Padmanabhan MD PhD is a neurologist who treats multiple sclerosis in the Boston area. scleroplex@gmail.com

Robin's Kitty Corner

Winter Kitty

Robin Desmet
VALLEY PATRIOT KITTY COLUMNIST

Every mile is two in winter"
~ George Herbert

Winter is hard. It's hard for people and it's even harder for cats—especially for the feral cats that spend their entire lives outdoors. If you have a pet cat that goes outside, please be aware that winter is a dangerous time of year for cats to be outside. Cats are subject to cold weather maladies just like humans and can get frostbite and hypothermia (low body temperature) if they spend too much time out in the cold. The simplest and easiest way to protect your pet in the winter is to keep your cat indoors where it is safe and warm.

If you are caring for a feral colony or have community cats in your area, there are a few things you can do to help these cats out during the cold winter months. The first is to provide the cats with some type of shelter. Outdoor cat shelters are surprisingly inexpensive and easy to build. They can be assembled using materials as simple as plastic storage totes, Styrofoam coolers, duct tape, and straw. There are many online resources with tips and information on outdoor shelters and you can even watch a short video on how to assemble a cat shelter at: www.alleycat.org/resources/how-to-build-an-outdoor-shelter.

One important point is to always use straw, not hay, to line and insulate outdoor cat shelters. Hay will absorb water and become moldy. Blankets and towels, which seem like an obvious choice for bedding, will also absorb moisture and will stiffen up and not provide enough warmth. The cat shelters do not need to be very large and ideally should be raised a few inches off the ground. Be sure to keep the entry way clear of snow so that the cats can enter and exit.

Besides shelter, providing cats with food and water is essential. Cats need extra food in the winter, and feeding both wet and dry food is best whenever possible. A suitable water dish is one that is deep, thick walled, and preferably made of plastic. Water tends to freeze faster in wide, shallow dishes. Avoid using metal dishes in the winter. Heated electric dishes can be purchased at pet stores and work great to prevent frozen water if an outlet is available.

In addition to the cold, there are also chemical dangers for cats in the wintertime. Antifreeze is highly toxic to cats and can cause kidney failure and death even in very small quantities. Antifreeze should be stored responsibly and spills should be cleaned up immediately to avoid accidental ingestion. "Ice Melt" is also toxic to cats (and dogs) and can cause gastrointestinal upset, skin irritation, and death. Many cats accidently ingest this material when they are cleaning their paws after going outside. If you suspect that your pet has been exposed to any of these toxic chemicals, seek veterinary care immediately.

In dense, urban areas where there are a lot of free roaming cats it is common for cats to take shelter in the engines and wheel wells of parked cars. A couple of raps on the hood of the car can help disperse any sleeping cats before driving off.

Winter can be a harsh time of year for your pets and for the community cats that live outside. Please help the community cats by supplying them with food, shelter, and water. Keep your own pet cats indoors so that they will stay safe.

Buy yourself a new sweater and while you're at it---get one for the cat. Turn up the heat and wait for spring together.

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IN THE GROOVE with Cindy Annis

Cindy Annis
VALLEY PATRIOT VINYL COLUMNIST

THE RONETTES PART II

"The Phil Spector Years." OK? Let's get right into 1963, when Estelle called Phil Spector. Estelle simply told him about the group and what they did in the entertainment world. Spector agreed to let them audition for him. The audition went well, so the girls signed with Phil Spector. Spector wanted to sign Ronnie to go solo, but Mom stepped in and said no, this is a group, not to be broken up. So now the girls are broken off with Colpix, their last label, and are on their way with Spector by March of 1963.

So, The Ronettes rehearsed a bunch of songs, and recorded many of them. Phil Spector either didn't release them, or credited them to someone else. So, their first 5 songs were recorded, and not released under their name when "Be My Baby" was done. Phil Spector, Jeff Barry, and Ellie Greenwich wrote and arranged this one. The girls recorded it in July of 1963. The Ronettes didn't waste any time hounding Spector to release it, and it came out in August. It climbed the charts to #2 on The Billboards Top 100 charts. Nothing was the same for Ronnie and the group. Everything the girls ever thought about was happening faster than they thought possible. The Ronettes "Be My Baby" became such a huge hit that the Ronettes were touring the country with Dick Clark.

One of the very cool things about this song is some of the back-up singers. Cherilyn Sarkisian, was one of them, another one was her boyfriend, Sonny Bono. Later called Sonny and Cher, were both on the recording of "Be My Baby". Cher became a regular back-up for Spector after that.

The writing team of Spector, Barry, and Greenwich went right back to work and came out with, "Baby, I Love You." Spector wanted the group to go right out to the California studios to record this one, but there was a huge conflict. The group was supposed to be leaving with Dick Clark's Caravan of Stars. So, Spector had Estelle and Nedra go with their cousin Elaine, with Dick Clark, while Ronnie, Darlene Love, Sonny, and Cher, and others went out to California. Leon Russell played piano for the recording session, and the release was in November of 1963. It turned out not to be nearly as good as their first release only making it up the charts to #24 on the pop charts, and #6 on the R&B charts.

Another huge recording was the "A Christmas Gift For You." Anyone who was signed with Phil Spector sang on this album. The Ronettes did three songs. The finale was "Silent Night" and Spector wanted everyone to really sing their hearts out. The album wasn't much of a success until it was re-released in 1972 by Apple Records. It peaked at #6 on Billboards for best Christmas album of the year.

In 1964, the Ronettes went on their first British tour. They were hanging with the likes of the Beatles and the Rolling Stones. It is said that Ronnie had a short affair with John Lennon. The Rolling Stones opened for the Ronettes while on tour in the UK. When they got back to the states they quickly went back to work in the studios, and did two songs that Spector wouldn't release at the time. The Crystals also were recording for Spector and he withheld releases for them, as well.

The Ronettes were one of the few groups to hang in there while the Brit-

RONETTES: PAGE 21

TV TALK WITH BILL CUSHING

My 10 Best TV Shows of 2016

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

It's that time of year again. That time when all TV people start thinking about the best shows that they watched over the past year. As usual, it was a hard list to compile. It was tough to leave some shows off the list, but here are my picks for the best TV had to offer in 2016.

10. Veep (HBO) – The only comedy to make my list was HBO's hilarious Veep. Julia Louis-Dreyfus and the rest of the cast are the best comedy cast on TV. The shows 5th season was perhaps its best.

9. Stranger Things (Netflix) – Netflix's original series was full of creepy, nostalgic fun. The cast of kids were terrific, led by Millie Bobby Brown as the mysterious "Eleven."

8. American Crime (ABC) - Season 2 of ABC's anthology series, American Crime, followed the fallout of a relationship between two boys that evolved into a case of sexual assault. The show dealt with sexual identity, class, race, and gun violence. Amazing performances filled this season, particularly from Connor Jessup as the victim.

7. Bates Motel (A&E) – This terrific series about Psycho's Norman Bates and his early years continued to deliver great acting and compelling drama. Season 4 showcased the performances of Vera Farmiga as Norman's mother Norma. But Freddy Highmore stole the show. His portrayal of Norman and his gradual descent into madness was one of the year's finest.

6. Billions (Showtime) – Showtime's riveting new series Billions has Paul Giamatti as Chuck Rhoades, a U.S. attorney who is obsessed with bringing down a hedge-fund billionaire named Bobby Axelrod (Damian Lewis). The scenes between Giamatti and Lewis are pure gold.

5. This Is Us (NBC) – This freshman drama series tugged at everyone's heartstrings right from the very first episode. Standout performances from Mandy Moore, Milo Ventimiglia, Sterling K. Brown, and Chrissy Metz as well as a few unique twists made this show appointment viewing.

4. Better Call Saul (AMC) – The 'Breaking Bad' spinoff really took off in its fantastic second season. It solidified itself as a show that can stand on its own. Season 2 had great storylines, and the season finale left us with the hint of even better ones to come. Not to mention, just a tease of the fascinating flash-forwards to Saul's life after Walter White.

3. The People VS. OJ Simpson (FX) – When everyone knows the beginning, middle, and end of a story, yet it can still be riveting and filled with suspense, it must be doing something right. This 10 part series about the OJ Simpson murder trial was a powerful examination of fame, race, the legal system, and all the points where those things collide. The acting was as good as it gets, with Sarah Paulson, Sterling K. Brown, and Courtney B. Vance leading the way. Cuba Gooding, Jr. was a bit miscast as Simpson, but that didn't hurt the show one bit.

2. The Americans (FX) – Once again, FX's engrossing spy drama ranks very high on my list. It continues to be one of the very best dramas on television. Every year critics wonder how long the show can keep being so good, and every year it continues to amaze, delivering perhaps its best season yet this year.

And my pick for the best TV series of 2016 is….

1. Rectify (Sundance) – This series has been called "haunting," and that is a perfect word to describe it. Aden Young's portrayal of Daniel Holden as a man, who is freed from death row and returns to his hometown where his guilt or innocence is still in question, is one of the best and most unsung performances of this or any other year. This show is jam packed with amazing acting from its top-notch cast. Abigail Spencer and Clayne Crawford are outstanding. The series final season, which just concluded in December, had some of the most emo-

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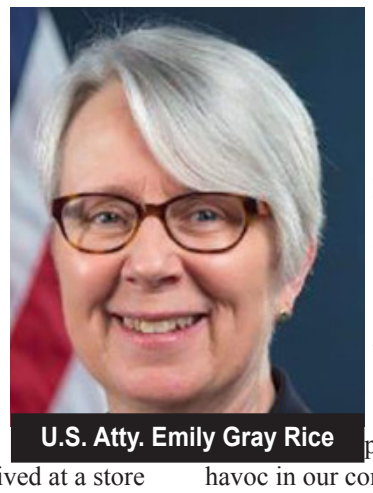
Methuen Man Pleads Guilty In NH to Distributing Fentanyl, Heroin

CONCORD, N.H. – Emily Gray Rice, United States Attorney for the District of New Hampshire, announced Wednesday, that Luis Martin Carvajal Gonzalez, also known as Wilfredo Laboy, pleaded guilty to distributing fentanyl and heroin, as well as possessing fentanyl with intent to distribute.

According to court documents, Carvajal Gonazalez, 34, sold heroin and fentanyl to an undercover law enforcement officer on multiple occasions in December of 2015.


U.S. Atty. Emily Gray Rice

The transactions occurred at retail stores in Salem, New Hampshire.

On February 9, 2016, the defendant (who previously has used the name Wilfredo Laboy) arrived at a store parking lot in Salem to conduct another drug deal. When law enforcement officers approached, he ran away and attempted to throw "fingers" of drugs as he fled. He was apprehended and approximately 156 grams of fentanyl were recovered.

Carvajal Gonzalez is scheduled to be sentenced on April 11, 2017.

In announcing the plea, U.S. Attorney Rice said, "The United States Attorney's Office remains committed to identifying and prosecuting those who attempt to profit from the sales of deadly drugs. We continue to work each day to stop the flow of fentanyl and heroin into New Hampshire and to reverse the escalating number of drug-related deaths in our state."

"Opioid abuse is at epidemic levels in New Hampshire," said Special Agent in Charge Michael J. Ferguson.

"Fentanyl and heroin are causing overdose deaths across the Granite State in record numbers, and DEA is committed to aggressively pursuing Drug Trafficking Organizations and individuals who are coming from out of state to distribute these poisons across New Hampshire in order to profit and destroy people's lives and wreak havoc in our communities. This investigation demonstrates the strength and continued commitment of our local, state and federal law enforcement partners."

This matter was investigated by the Drug Enforcement Administration, with assistance from the New Hampshire State Police, and the Salem, Manchester, and Methuen (Massachusetts) Police Departments. The case is being prosecuted by Assistant United States Attorney John J. Farley.

A New Year a New You

Rick Bellanti
VALLEY PATRIOT EXERCISE GURU

Wow, here we are once again, a new year has just rung in and we are all well into our New Year's resolutions. A New Year's resolution is a tradition that stretches back over hundreds of years and is best described as a person making a promise to do an act of self-improvement or accomplish something nice for themselves, such as quitting smoking or the most common resolutions are to eat healthy, lose weight and exercise more.

Did you know that about 75% of people stick to their resolutions for at least two weeks and less than 50% are still actively working their resolutions within six months? The most common reason for people failing their New Year's resolutions is setting themselves up with unrealistic goals. It's something we all do because we seem to be a quick fix generation and want to see results immediately or we lose interest, get discouraged and just give up.

If your New Year's resolution is to lose weight then don't set yourself up for failure by having unrealistic goals to attain; if you need to lose 100 lbs., a healthy guideline to lose weight (and better your chances at keeping it off) is to lose between one to two pounds a week, So set smaller attainable goals such as 10 lbs. by Valentine's day, 20 lbs. by Easter and so on. If your goal is to exercise more in the upcoming year, then remember to start slow and gradually build up your routines so you don't overdo it and get burned out quickly or even hurt yourself, which may discourage you from starting up again. The health benefits of adding physical activity and regular exercise into your program are hard to ignore. Exercising regularly can boost your energy levels, boost your muscle strength, help to build lean muscle which burns fat, and even improve your emotional mood.

Sometimes it is helpful to make a list of items you would like to accomplish in the upcoming year (don't just say you are going to do something) write it down and hang it up where you are going to see it on a daily basis. Your list could be: lose weight, eat healthy, exercise more or stop smoking, Keep in mind, you don't have to start and complete all of the items listed at once or even at the same time. Pick one or two of your resolutions and do your best without overwhelming yourself, When you feel you are ready for the next improvement, add it in your daily routine and keep that momentum going. Try to celebrate each smaller goal and be proud of your accomplishments no matter how small and don't dwell or get discouraged if something doesn't go as planned, pick right back up choose another on your list and just go.

Another trick that seems to help is to keep a journal. Make your list of resolutions (personal goals) for the year, and write daily notes in it. It could be tracking what you ate (a food journal) with calories and water intake for the day, your workout routines or even just the thoughts you are having throughout your journey. This will help when you want to look back to find out why you are not losing weight or how you were able to hit your goal.

This is all about self-improvement so do it for you and at your own pace. No one says you need to start everything on January first and remember, you don't need a new year to make a change; all you need is today and think of how you will feel when December 31st rolls around.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 160 lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month he will address a few of the topics here.

DEEB: FROM PAGE 6

Everything you say is confidential and will not be shared with your name. Your responses will help Methuen Public Schools to create new programs and/or revise existing ones"

Why then are student names and state identification numbers contained on the forms? Methuen parents should visit http://www.methuen.k12.ma.us/ and follow the links to the Guidance Department to download the form to remove their children from this "mental health" screening. Below is just a sample of the questions your children will be asked after being asked to write their names and state identification number. Children are asked to respond with "Never," "Sometimes," "Often," or "Always":

…I get bothered by bad or silly thoughts or pictures in my mind…

… I worry that something awful will happen to someone in my family…

…I feel scared if I have to sleep on my own…

…I worry about things…

…I think about death…

…I would feel scared if I had to stay away from home overnight…

Here are some additional questions that students are asked: Below is just a sample of the questions your children will be asked. Children are asked to respond with "Not True," "Somewhat True," or "Certainly True":

…I usually do as I am told…

… I worry a lot…

… I am constantly fidgeting or squirming…

…I have one good friend or more…

I have heard horror stories of public school elementary teachers (outside of Methuen) who have had to take physical and verbal abuse from students in order to correspond with PBIS and model "good" behavior. The worst part is that PBIS emphasizes "rewards" for good behavior. These "rewards" include raffle tickets, pizza parties, candy, prizes, etc… Although the PBIS program is currently grant-funded, you can be sure that this cost will eventually be passed on to local taxpayers as well. The history of grants shows this to be the case every time.

Our schools are not "mental health" centers. It is time that we stop wasting valuable time, money, and resources on the liberal social programs that focus on "feelings" instead of results. There are policies in place and students who violate them should be punished accordingly. This is how it works in the real world and we do not need this latest trend to plague Methuen! We need to focus our efforts on educating children in the basics: Reading, Writing, Mathematics, Science, and Social Studies. More importantly, one of the most important goals of schools should be to prepare students for life in the real world. PBIS and "Mental Health" screenings do precisely the opposite. They hold our students back. Maybe this is why so many colleges are having to establish "safe spaces" to help students deal with real-world issues. Although these programs are often well-intentioned and the people who implement them are good-natured, it is time to put an end to these Liberal schemes. Methuen parents and residents should demand better! Your influence counts. Use it!

D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. Deeb also serves as Social Studies Department Chair at Notre Dame High School in Lawrence, Massachusetts. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).

RONETTES: FROM PAGE 20

ish Invasion took place. They were on many television shows like Dick Clark's American Bandstand, and Hullabaloo. Even though the lyrics weren't quite done, Ronnie went into the studio to do the lead tracks for their next hit, "Walking In The Rain." She put on her headphones and the subtle sounds of thunder started and as it got louder and stronger, she sang the song. She said this was the only song she was able to do in one take. This song was released and ended up being their second biggest hit only to "Be My Baby." It peaked at #23 on the Billboard's Hot 100. The song, "Breaking Up" was recorded and released in April of 1964. In June of the same year "Do I Love You" was released. Both songs broke into the Billboard's Top 40, but just briefly.

What goes up, must come down, and this is true for the group, The Ronettes. One of the reasons this group came down was the love Spector had for Ronnie. He was afraid he might lose her if they grew too big. He held the group to their contract, so they had to continue recording songs. He withheld many releases that were quickly covered by many others. "Chapel Of Love," was one of those songs. The Dixie Cup got it and released their version, and it was a huge hit. Ronnie and the group were actually depressed over this. Once The Supremes grew bigger than The Ronettes, Spector relaxed about his relationship, but the damage had been done.

The girls went on tour, in 1967, to Germany. This is when they decided to break up the group and go on with their own lives. They all married, Ronnie marrying Spector. Ronnie said it was like she was jailed in his very large house. She went into the studio only once while they were married.

Ronnie left Spector in June of 1972. They were divorced by 1974. Ronnie tried to put the group back together, but she was the only one interested. Ronnie got Denise Edwards, and Chip Fields to replace Nedra, and Estelle. They did some records, but nothing big. They did some touring, also. By the end of the 1970s they were done.

The Ronettes sued Spector for back royalties, and got about 1 and a half million dollars. They won many other things, as well, such as a Grammy in 1965 and they went into the Grammy Hall Of Fame in 1999. They were also inducted into The Rock And Roll Hall Of Fame in 2007. Estelle died in 2009 of colon cancer,

Ronnie did a few more gigs like singing with Eddie Money on "Take Me Home Tonight," and of course she wrote a book entitled "How I Survived Mascara, Miniskirts, and Madness."

I think we got it all in. I hope you enjoyed my version of "The Ronettes!"

Remember to listen to Cindy's Vinyl Vault. We play the best music ever recorded on vinyl. We're at 980 WCAP Radio every Sunday night at 10:00, Monday night at 11:00 and Wednesday night at 10:00, and remember folks, it's not how old it is, but how great it sounds!

Congressman Recognizes WWII Hero John Katsaros of Haverhill

In November, Congresswoman Tsongas submitted remarks to the Congressional Record recognizing Mr. Katsaros for his heroic service to our country and tireless efforts on behalf of veterans. The Congresswoman met with Mr. Katsaros yesterday (December 15) and presented him with the remarks.

Congressional Record Statement in honor of the Air Force Escape and Evasion Society

Thursday, November 17, 2016

"Mr. Speaker, every November 11th, we stop to recognize the brave men and women who have served our country in our armed forces. Having just marked Veterans Day, I would like to recognize one group of extraordinary service members in particular, the United States Air Forces Escape and Evasion Society, or AFEES.

Since the United States military first began using airplanes in foreign wars, members of the United States Air Forces have been forced to eject, crash land, or abandon their aircraft in an occupied country or territory. Once downed, these airmen had to evade capture by enemy forces, often times while suffering from critical injuries.

Of the downed aircrew members that were captured, many escaped from the enemy who were holding them in captivity. Many times, downed service members were aided in their escape and evasion by resistance organizations in those occupied countries. Thousands of brave, ordinary people took extraordinary risks at huge costs to both them and their families to help these brave Americans and help them return home.

In 1964, the United States Air Forces Escape and Evasion Society was created by the downed aircrew members who evaded capture. Today, AFEES includes downed aircrew members and people who directly aided them in escape and evasion and has more than 600 members, including members from World War II, the Korean War, and the Vietnam War.

Congresswoman Niki Tsongas with local Haverhill veteran John Katsaros, head of the Air Forces Escape and Evasion Society (AFEES).

I am proud to represent one brave AFEES member, the group's President, John Katsaros of Haverhill, Massachusetts. Today, I would like to recognize the United States Air Forces Escape and Evasion Society and the achievements made by its members: to never accept captivity and to constantly strive for their freedom. Thank you for your service and for the inspiration you are to all of us.

HERO: FROM PAGE 1

vastly out in the open. Because of this, they did most of their patrol work during the night time hours so they could stay hidden from the enemy. The squad would venture out into "no man's land" far from their trenches and string coils of barbed wire in the hopes of slowing down the enemy. Larry was always careful not to go into territory that hadn't been cleared of land mines.

One night, Larry and another soldier stopped the barbed wire coils half way across the perimeter. A higher ranked officer told them it wasn't safe to stop there and to continue with the wire. Not able to ignore a direct order from a superior, Larry and the other soldier continued on. Suddenly, there was an explosion! Larry had stepped on a landmine.

He remembered waking up and looking down at his shredded clothes. One leg was severely injured while the remaining limb was a mere stump bleeding profusely.

The other soldier had been taken away to an aid station but Larry was left behind as they incorrectly assumed he was dead. Larry knew he needed to tie off his legs to stop the bleeding.

A couple of other soldiers at the scene helped fasten makeshift tourniquets. A medic finally arrived and shot Larry full of morphine. The medic marveled that he was still conscious and talking. Larry told the medic that if he stopped talking he would surely die. After eventually reaching the aid station, Larry was heavily dosed with morphine and finally rendered unconscious.

The next time he woke up was in a hospital in Japan. However, before being shipped stateside, gangrene set into Larry's remaining leg and it had to be amputated. He finally arrived home in America in 1952 and was sent to Walter Reed Military Hospital in Maryland. By April of 1952, Larry was back home in Medford, MA.

While Larry was in the service overseas, he was receiving letters from a young woman. Her name was Carol and she was a friend of one of Larry's sisters. Carol waited anxiously for Larry to return home and when he did, the courtship began. In November of 1953, Larry and Carol married and moved to the town of Billerica, MA. They had two sons.

Being fully disabled, the army retired Larry and he was given a stipend but it wasn't enough to live on. Larry then went to VA Tech College (some of the tuition was paid by the government) and he got a job as a building inspector for the town of Billerica.

Like all amputees in the early days, Larry was fitted with wooden legs. He was able to use crutches to do his job as a building inspector. As the years went by he would be fitted with more modern prosthetics, the most recent one being computerized.

Presently, Larry is as independent as he can be. He drives a specially equipped van (paid for by the Veterans organization). He does errands and enjoys food shopping. He clips coupons and buys food to bring to the Billerica Food Pantry. Larry spends around $300 on each monthly visit to the pantry.

Larry is still active in his military organizations: the DAV Disabled American Vets, Korean War Vets Association both the Greater Lowell and Boston chapters. He attends veteran functions, parades and of course the funerals of his fellow veterans. He also spends a great deal of time at the Bedford VA Hospital where he visits the veterans and other soldiers.

As we were wrapping up the interview, Larry's wife Carol showed me the medals he had received. In a small, delicate box was the Army CIB (Combat Infantry Badge), the Bronze Star – V for Valor, a Purple Heart, Good Conduct Medal and two Battle Stars for service in Korea.

These medals reveal only a fraction of the story concerning the bravery of Corporal Lawrence Robert DeBenedictis. This is the same gentleman who at the beginning of our visit tried to tell me he wasn't a hero. We beg to differ! It was an honor to meet him and a privilege that he allowed me tell his story. Thank you for your service, sir!!

TV: FROM PAGE 20

tionally draining and well-acted scenes I've seen in ages. TV doesn't get much better than this.

Shows that just missed my list: Happy Valley, Game of Thrones, The Night Manager, Life in Pieces, Ray Donovan, Homeland.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

For daily TV news, follow Bill on Twitter @TVNewsandNotes and on Facebook at TVNewsandNotes

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"Of Mixed Blood" by Ron Penczak © 2015

Susan Piazza
VALLEY PATRIOT BOOK REVIEW

Published by: Brighton Publishing, LLC
Paperback: 322 pages including Acknowledgement
Genre: Fiction
4.75 out of 5 Bookmarkers

This story engages the reader quickly. The central conflict is revealed early, in the prologue.The plot centers on the conditions that lead to the main character's present day dilemma and the steps that resolve that issue.

In the spirit of full disclosure I want to say that I am acquainted with the author, Ron Penczak, I belong to one of the writer's groups Mr. Penczak speaks of in his acknowledgement. It was through this local connection and after reading several of his pieces that I became aware of his voice and his talent. When I learned he had written a full-length novel I knew I had to read it. I am happy I did. His writing never disappoints.

I enjoy books that let me escape. I truly love when that story whisks me to another time or place, this book does both. Mr. Penczak takes us on an interesting journey. Though most of us will never travel this particular road it is nonetheless a story familiar to most of us. Who of us has never felt out of place?

The novel, though fiction, is the story of many people, particularly men who for one reason or another find themselves alone in a foreign country for an extended period of time. How this protagonist deals with his loneliness and his new lifestyle make up the basis of the story.

Love, betrayal, government affiliations all intertwine to make this a pleasurable but disturbing read. The time period is the late 1970s early 1980s. Those of us familiar with the Carter Administration will recognize some of the names mentioned.

I might have wanted to read less on the workings between the defense company, the military, and contractors, but though at some points it seems excessive and incidental there is really a reason for its inclusion, one that becomes clear as the story progresses. It is because of a weapon's issue that brings our man to Korea.

I would've liked more detail on the Korean cultural sites mentioned but that wasn't really what the book was about so his choice to not include this material is understandable.

At the time portrayed in this novel women were subservient to men while they walked behind their men not next to them the culture allowed for these same women to keep their family names after marriage. An interesting juxtaposition.

Bi-racial children were not welcomed. One of the female characters is part Korean, part American. Though living in the birth place those who are Of Mixed Blood are bullied, and worse. It is difficult for us, in this multi-ethnic land to understand whole countries devoted to one group of people. The knowledge that someone's offspring could not easily assimilate and would be shunned for the rest of their life is a sad commentary on the world in general and the individual in particular. That this culture makes invisible by means of ostracizing is the least offensive of the country's methods.

Is the book perfect? No. There are a few minor issues but they are so small that they do not affect the plot. One issue was character names. I had to reread some passages to ascertain which Kim was intended and whether Dumbroski or Duchnowski was the character referenced. If there was a purpose in having characters identified so closely I failed to see it. It just confused me. I had to look back and forth a few times to see of whom he was speaking.

The other issue, again minor, is that there was at least one term that I do not recall being explained. Mr. Penczak though did a good job of getting a civilian and non engineering weapons specialist to understand the issues related to national security.

I found the book both entertaining and informative.

A good read.

New Year's Resolutions

Peter Larocque
VALLEY PATRIOT COLUMNIST

God bless you all and greetings in the wonderful name of our Lord and Savior Jesus Christ! Happy New Years!

Here we are in another New Year 2017 and of course we all are either openly or secretly making New Year's resolutions. If you're like me you are tired of making them because I hardly ever stick with them to the end.

In the Message Bible we read these verses taken from Matthew 11:28-30, where Jesus said, "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Okay this sounds great, too good to be true even, but how do we arrive there? Like many of you, I want to live stress free in 2017. Well, I am going to propose a different kind of resolution for this year for all of us and its foundation is in the cross that Jesus Christ bore for us. I can't say it any better than how God's word says it. Reading again from the Message Bible in Romans 10:9-13, "It's the word of faith that welcomes God to go to work and set things right for us. This is the core of our preaching. Say the welcoming word to God—"Jesus is my Master"—embracing, body and soul, God's work of doing in us what he did in raising Jesus from the dead. That's it. You're not "doing" anything; you're simply calling out to God, trusting him to do it for you. That's salvation. With your whole being you embrace God setting things right, and then you say it, right out loud: "God has set everything right between him and me!" Scripture reassures us, "No one who trusts God like this—heart and soul—will ever regret it." It's exactly the same no matter what a person's religious background may be: the same God for all of us, acting the same incredibly generous way to everyone who calls out for help. "Everyone who calls, 'Help, God!' gets help."

So I admonish you if you want to make a real meaningful resolution this year that will be life changing, then simply believe in the Lord Jesus Christ and get to know him. How does one accomplish this? Well there are many wonderful ways to do it; I humbly suggest that you begin by opening your Bible to the 4 Gospels and begin reading and allow the Holy Spirit to teach you; He loves to unveil Jesus! These Gospels contain the life and ministry of Jesus Christ while he was here upon earth revealing God's heart and will for his people. Allow the words written to sooth your heart.

Secondly, find a local church that embraces the Gospel of our Lord Jesus Christ, the Gospel of Grace and Peace and not The Law. God is for you, not against you. For God so loved the world that He sent a Savior, not a judge or another law giver with more religious rules; nor did God send Jesus to condemn anyone. No, God sent us His Son, Jesus Christ to save us and show us the true heart of His Father. Don't allow anyone to preach to you that God is out to get you if you don't follow man made regulations! Jesus fulfilled the Law of Moses; we are now under God's grace! Most importantly, don't settle for a mixture of both law & grace either, read Luke 5:36-39, I can't say it any better than that!

Thirdly, allow this year of 2017 to be a year where all things can become "New" as you lean in towards Jesus. Remember the verses we read from Matthew where Jesus said "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

I leave you with this last thought which the Apostle Paul wrote; may it be our prayer for the New Year 2017!!! (From the New Living translation), Ephesians 1:18-23, "I pray that your hearts will be flooded with light so that you can understand the wonderful future he has promised to those he called. I want you to realize what a rich and glorious inheritance he has given to his people. I pray that you will begin to understand the incredible greatness of his power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. Now he is far above any ruler or authority or power or leader or anything else in this world or in the world to come. And God has put all things under the authority of Christ, and he gave him this authority for the benefit of the church. And the church is his body; it is filled by Christ, who fills everything everywhere with his presence."

Love you all,

Peter Larocque is married to wife Pam for 34 years, has 3 wonderful children, and is blessed with 3 grandchildren. He is former Lawrence School Committee Member-2006-2009, a baker with Demoulas, Market Basket 16 + years. peterlarocque@hotmail.com

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AFC: FROM PAGE 12

rence.

Sponsored Thomson School field day and fun run.

Teamed up with the Sons of Italy to put on a community event that included games, crafters, vendors, and a celebration of Italian-American culture.

Donated funds for the Nevins Memorial Library to purchase health care-related books for children.

In North Andover, Doctor's Express (AFC) Donated $500 to the Annual North Andover Merchants Association Knight of Honor Gala. A scholarship fundraiser.

Sponsored the volunteer T-shirts at the North Andover Merchant Association Fall Festival.

Sponsored the Thomson School Fun Run.

Donated $2,000 to the reconstruction of the Franklin School Playground.

Exclusive sponsor of the North Andover High School Girls Basketball team.

Trot for Special Tots Sponsorship- October 2nd in Andover ($250 Bronze Sponsorship & Table at the race)

Monte Carlo Night Sponsorship- October 1st @ Salvatores Restaurant

Fall Business Expo- Sept 21st in Andover

AFH Health is also sponsoring the girls fall ball basketball team.

Povided a $1,000.00 scholarship to a graduating NAHS senior.

Official water providers for the 4th of July Road Race.

Donated $150.00 to an Atkinson School Family fundraiser after their father passed away.

Doctor's Express, now AFC Health Care owner, Lisa Williams says that she is proud of the success Doctor's Express has had in Methuen and North Andover, and is looking forward to contributing to the community and servicing her patients for years to come.

Learn from History or Repeat It

YOUR MONEY WITH ALEX TALCOTT

Planning to Start a Business? Start Saving

Alex Talcott
VALLEY PATRIOT MONEY COLUMNIST

There are so many truly small businesses in New England that I like to joke with budding entrepreneur clients that if a "mom-and-pop shop" has both a mom and a pop involved – two employees – that's a midsize business here! For more of my undergraduate business students than some cynics might believe, the great American dream still includes opening their own business or "hanging a shingle" as a consultant or freelancer. If you have an idea for a company that you believe could be successful and want to pursue this dream, it is important to do your homework.

There are important steps that every small business owner must take – they include:

• Identifying an opportunity in the market

• Researching your customers and competition

• Preparing a detailed business plan

• Choosing a company structure that is right for you

Being financially prepared is another crucial prerequisite to becoming a successful entrepreneur and it starts with a solid financial plan.

Create a financial strategy

If you're serious about becoming a small business owner, it should be considered a financial goal like any other, such as retirement. It is important to develop a strategy for funding the company over time. A business that lacks a sound financial base may have a higher risk of failing. For greater success, estimate not only your startup costs, but the amount of money you'll need to fund the company for the next three to five years. Depending on your plans, these costs may be significant.

When striking out on their own, many self-starters optimistically believe that the business will generate enough income to meet their needs and expectations, and even help them expand their lifestyle one day. While this is a worthy goal, be conservative in your initial projections. It isn't unusual for a business to lose money in the early stages. You need to have sufficient cash in place to support your personal financial needs while you work to make the company profitable.

Where to find the money

It is important to establish a dedicated pool of savings to help finance your new venture. To start, consider setting money aside from each paycheck for this purpose. Determine how much you can afford to save each month and how long it will take to build cash to meet your goals. If anything, err on the high side when projecting how much money you need to save before you open the doors to your business. If it's practical, consider establishing your business on a part-time basis before you quit your day job. This lets you test your ideas, make modifications and build a base of customers while also maintaining a stronger financial position.

As you're putting money away for your future business, make it a priority to continue saving for retirement as well as into your emergency fund. If you do, you will likely have stronger financial security in the event that anything happens to your new company's revenue.

If capital is required to finance your startup, you may need to borrow money. Be cautious as you consider your borrowing options. It adds another level of financial risk to your plan. You must be confident that you can stay current with your loan repayment schedule. A good place to learn more about borrowing options is the Small Business Administration website (www.sba.gov). Also be careful about using personal assets (such as your home) as collateral to fund your business ambitions. If possible, you want to keep your personal and business assets separate.

Remember that if you are financially prepared to make your entrepreneurial dreams come true, you will be in a better position to withstand the difficult periods and allow the business the time necessary to grow and prosper. Talk to your financial advisor to determine the best approach to build savings dedicated to your future business.

Alex Talcott, JD, is a Financial Advisor with Ameriprise Financial Services, Inc. in Portsmouth and Bedford, New Hampshire and Middleton, Massachusetts. He specializes in fee-based financial planning and asset management strategies and has been in practice for 10 years. To contact him: (603) 319-3108; 25 Chestnut St., Ste. 300N, Portsmouth, NH, 03801; www.ameripriseadvisors.com/alex.talcott Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment adviser. Ameriprise Financial Services, Inc. Member FINRA and SIPC. © 2016 Ameriprise Financial, Inc. All rights reserved.

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ANDOVER

Joseph & Mary Sarno, Erik & Lisa Perkins, 27 Wolcott Avenue, $716,500.00

Climo Realty Trust, David & Allison Shrier, 129 Salem Street, $815,000.00

Austin & Katherine Simko, Kevin Dalton, 69 Shawsheen Road, $587,000.00

Kevin & Regina Sullivan, Mathew & Anne Traub, 5 Blueberry Hill Road, $1,055,000.00

Ethel Cross, Gianna Design Group LLC, 59 Central Street, $8,000,000.00

Robert & Leah Klein, Luis & Myriam Cortes, 17 Korinthian Way, $679,000.00

Kathryn Whitenack, Alan & Krista Hibino, 6 Teaberry Lane, $660,000.00

Jeffco Inc., Scott & Megan Dellorfano, 3 Possum Hollow Road, $138,000.00

Three Marwood Nominee Realty Trust, Deepen Ganguly, 3 Marwood Drive, $480,000.00

Three Marwood Nominee Realty Trust, Mekhala Pati, 3 Marwood Drive,

Theresa Cerulli-Banks, Christopher & Jennifer Samaras, 4 Bristol Lane, $650,000.00

Patrick Bowler & Eileen Macelroy, Jay & Lisa Luther, 2 Acorn Drive, $1,185,000.00

69 North Street LLC, Ashok Sundara Shetty, 25 Boardwalk Drive Unit 25, $584,900.00

69 North Street LLC, Sowmya Askok, 25 Boardwalk Drive Unit 25,

Arthur & Joan Friedman, Ngoc & Vuson Nguyen, 5 Stoneybrook Circle, $756,000.00

Agusta & Joseph Dadiego, Kara Mcnamara, 24 Washington Avenue, $459,000.00

Mary Auamis, Matthew & Anne Aumais, 1 Stratford Road, $530,000.00

Dennis & Berniece Bligh, William & Carlene Hackett, 170-172 Andover Street, $390,000.00

Gustavo & Mary Resendiz, Vincent Bu, 2 Powers Road, $1,080,000.00

Gustavo & Mary Resendiz, Sherry Yu, 2 Powers Road,

Herob 46 Realty Trust, John & Jessica Doherty, 26 River Street, $447,500.00

Maureen Finn, Chih Kai Fang, 20 Alderbrook Road, $665,000.00

Maureen Finn, Yu-Hsien Lin, 20 Alderbrook Road,

Alan Righter, CIL REALTY OF MASSACHUSETTS INC, 11 Exeter Way, $599,000.00

David Rummel, Michael Giberti, B1 Colonial Drive Unit 7, $142,500.00

Title Town Holdings LLC & Lonano Property Holdings LLC, Pascal Perrotey, 76 River Street, $463,000.00

28 Greenwood Road Realty Trust, Cattle Crossing LLC, 28 Greenwood Road, $280,000.00

Carolyn Ramm, Shawn Burns, 49 Lupine Road Unit 3, $234,000.00

Constance Ippolito, Kevin & Kristen Shanahan, 74 Elm Street, $460,000.00

Ron & Dorith Cohen, Lisa Szot, 3 Warwick Circle, $1,141,000.00

Ron & Dorith Cohen, Edward Apodaca, 3 Warwick Circle,

Hoy Wang & Kam Har Ng, Joseph & Jennea Clark, 3 Apollo Circle, $461,000.00

Octavio & Jeanne Hurtado, Michelle & Nicola Gaudino, 11 Garfield Lane East, $590,000.00

Jayne, Kate, Ann, & Mark Farnham & Grace Westerfield, Qingsheng Han, 1 Rutgers Road, $451,094.00

Jayne, Kate, Ann, & Mark Farnham & Grace Westerfield, Yuting Chen, 1 Rutgers Road,

Feiyan Zhao, Egidijus Kurdeika, A1 Colonial Drive Unit A1-4, $160,000.00

Krey Family Trust, Fang Zhao, 71 Rattlesnake Hill Road, $581,000.00

Krey Family Trust, Geliang Song, 71 Rattlesnake Hill Road,

69 North Street LLC, Raghava Panguluri, 28 Boardwalk Drive Unit 28, $569,900.00

69 North Street LLC, Sirisha Pochiraju, 28 Boardwalk Drive Unit 28,

Duda Realty Trust, James & Christine Moulton, 140 Main Street, $789,600.00

Jon & Lucia Archiable, Michael & Emily Gastaldo, 38 Argilla Road, $640,000.00

LAWRENCE

Jamie Lynne Mallie, US Bank N A TR, 20 Warwick Court, $203,115.17

Carlos Cortes, Marcelino Vasquez, 87 Bailey Street, $389,900.00

Sweet Blood Realty LLC, Barbara Medina Gutierrez, 273-279 Jackson Street, $326,000.00

Crescent Hill Farm Realty Trust, Community Day Care Center of Lawrence Inc., 17 Ballard Road, $1,500,000.00

Crescent Hill Farm Realty Trust, Community Day Care Center of Lawrence Inc., 3 Ballard Road,

Crescent Hill Farm Realty Trust, Community Day Care Center of Lawrence Inc., 663 Andover Street,

West Beacon Street Realty Trust, Daher Group Inc., Glenn Street, $115,000.00

Leo Martin Jr., Islley Javier, 22 Magnolia Street, $315,000.00

Santiago Matias, Jose Ovalles, 37 Hillside Avenue, $300,000.00

Kim Hazarvartian & Elizabeth Berberian, Platano Record LLC, 176 Park Street, $25,000.00

Belkys Ramierz, Daniel & Karla Decarvalho, 75 Byron Avenue, $230,000.00

Eric Mclean, Brian & Liza Davies, 90 Sylvester Street, $315,000.00

48-50 Manchester Street Realty Trust, Vladimil Caraballo, 48-50 Manchester Street Unit 2, $70,000.00

USA Bankrupcy Court, Bank of America, 21 Garfield Street, $8,500.00

Claire M. Berube Family Irrevocable Family Trust & Richard F. Berube Family Irrevocable Family Trust, 660 South Union Street LLC, 660 South Union Street, $1,300,000.00

Wayne & Kathleen Hayes, Juana Reyes Plasencia, 84 Genesse Street, $300,000.00

Francisco & Sonia Montanez, Ana G. Mejia Canario, 48 Warren Street, $160,000.00

Rita Almanzar & Antonio Villa, Bread & Roses Housing Inc., 41-47 Melvin Street, $75,000.00

U S Bank NA TR, Hildo Compress, 6A Salem Street, $168,000.00

Nidhi & Siddharth Gehlot, Lester Santana Padilla, 380 Lowell Street, $264,000.00

Stanley & Christopher Puzniak, Jose Urena, 53-55 Warwick Street, $160,000.00

Roger & Felice Morency, Antonio Villa, 34 Fowler Street, $240,000.00

Roger & Felice Morency, Rita Almanzar, 34 Fowler Street,

Juan & Nelly Vasquez, Angel Cruz, 12 Acton Street Unit 213, $54,000.00

Joseph Giardino, Luis Ramierz, 7 West Hawley Street, $267,000.00

Olga, Kenneth, & Robert Boardman, Wilson Diaz, 88 South Bowdoin Street, $207,500.00

Juan & Margarita Perez, Jairo Perez, 50-52 Hobson Street, $275,000.00

Mayra Paulino, Reynaldo Mejia, 8 Stearns Avenue, $250,000.00

Miguelito Saldana, Luis Crispin, 20 Knox Street Unit 3, $80,000.00

Claribel Mercedes, Julio Lopez, 514-516 Hampshire Street, $290,000.00

Mavelin Morales, Francisco Santiago, 7 Willoughby Street, $120,000.00

Gilbert Dube, Kailish LLC, 58 Beacon Street, $440,000.00

Xiomara De Jesus Vargas, Ramon Estrella Reynoso, 454 Riverside Drive Unit 3, $110,000.00

Elsa Fernandez, Ana Henriquez, 9-11 Bailey Street, $362,000.00

Elsa Fernandez, Teolinda Gonzalez, 9-11 Bailey Street,

Salvador Dominguez, Albania Mejia, 31 Dana Street Unit 1, $175,000.00

Luis Vega & Jessica Gauvin, Daniel Guzman, 9 Harriman Street Unit A,

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$167,000.00

Ramon & Belkys Reynoso, Nelson Batista, 170 Easton Street, $279,000.00

Edward Lopez, karen Lima, 56 Beacon Street, $225,000.00

Thomas & Kristy O'Brien, Jose Delacruz, 7-9 Brookfield Street, $281,000.00

BCAD LLC, Jose & Oladis Anziani, 5-7 Garfield Street, $445,000.00

Regis Holdings LLC, M&A Real Estate LLC, 274 East Haverhill Street Unit 13, $62,000.00

Zeneida & Guillermo Bisono, Michael Valdez, 293 Lowell Street, $330,000.00

Daniel & Leidy Henriquez, Jonny Rivas, 270 East Haverhill Street Unit 5, $90,000.00

William Gallant, Cast Mart LLC, 606 Andover Street, $240,000.00

Domingo Infante, Jose Gomez, 67 Saunders Street, $395,000.00

Domingo Infante, Ysabel Ulloa Nunez, 67 Saunders Street,

Clement Family Trust, Richard & Patricia Dearborn, 44 Beacon Street, $199,900.00

Patricia & Timothy Kinsella, Michael Gagne, 401 Mount Vernon Street, $283,000.00

John, Phillip, & Joseph Pane, Elena Campbell, 7 East Haverhill Street, $140,000.00

Silverio Vasquez, Echabarria Gomez, 83-85 Bennington Street, $385,000.00

Teresita Arnold, Yordy Pena, 121 Haverhill Street, $387,000.00

Teresita Arnold, Maribel Guzman, 121 Haverhill Street,

National Amusements Inc, 141 Winthrop Avenue LLC, 141 Winthrop Avenue, $2,800,000.00

Edward & Sharon Cora, Mirian A. Gomez Rodriguez, 34 Williams Street, $163,000.00

Elvis Taveras, Sandy Gabin, 176-178 Bailey Street, $430,000.00

Angela Rizzo & Sebastian Disalvo, Obdulia Castellanos, 18 Stevens Street, $296,000.00

Angela Rizzo & Sebastian Disalvo, Hugo Ortega, 18 Stevens Street,

Wells Fargo Bank NA TR, Eriberto Garcia, 122-124 Easton Street, $301,000.00

Jaime Ramierez & Sinthya Rosario, Franklin Hernandez, 4 Nelson Street, $321,000.00

Diana Casado-Greer, Ricardo Dejesus, 59 Ferry Street, $247,000.00

Diana Casado-Greer, Miosotty Baez, 59 Ferry Street,

Union Bailey LLC, La Belle Maison LLC, 130-142 South Union Street, $500,000.00

Daniel & Alvia Maldonado, Maria Paulino, 98 Cambridge Street, $400,000.00

Daniel & Alvia Maldonado, Reynaldo Duran, 98 Cambridge Street,

Angela Marte Murillo, Yahaira & Sparky Diaz, 368-370 South Broadway, $320,000.00

La Belle Maison LLC, Blue Sky Investment Group LLC, 76 Haverhill Street, $394,000.00

METHEUN

Herbert & Bradley Jones & Anne Jones-Cardinal, Nathan & Laura Whitmer, 391 Forest Street, $225,000.00

Kamal Karibe, Milian Thi Nguyen, 30 Birchwood Road, $205,000.00

Vanessa Jerry, Joseph Maunsell, 191 Merrimack Road Unit 2, $277,500.00

Vanessa Jerry, Kerri Mcavoy, 191 Merrimack Road Unit 2,

Thomas & Cynthia Drozewski, Johanny Rodriguez, 169 Berkeley Street, $309,000.00

Thomas & Cynthia Drozewski, Edgar Arauz, 169 Berkeley Street,

Obrien Homes Inc., Homes At Great Oaks LLC, North Street, $620,000.00

Joy Harvie, Steven Privitera, 6 Pleasant View Street, $429,900.00

Jayne Abbas, Deborah Wells, 25F Oak Street Unit 19, $186,000.00

Constance, Allen, Thomas, Stephen & John Grew & Anne Grew-Hyde, Margaret Rourke, 45 Washington Street Unit V-107, $212,000.00

Toll MA IV LLC, Alan & Judith Josephson, 6 Sierra Court Unit 3, $581,159.00

Dorothy Anna Greene, P&Mconstruction LLC, 1 Olympic Village Drive, $105,000.00

William & Mary Middlemiss, Zachary Taylor, 15 Tyler Avenue, $345,000.00

William & Mary Middlemiss, Lindsay Aldorisio, 15 Tyler Avenue,

BA Nominee Realty Trust, Anna & David Cherubin, 7 Oakland Avenue, $100,000.00

Dana & Kristin Cabral, Michelle Orescovich, 5 Hillcrest Avenue, $352,500.00

Dana & Kristin Cabral, Shawn Pacheco, 5 Hillcrest Avenue,

H & A Max Realty Trust, Carlos Perez, 71 Milk Street, $400,000.00

H & A Max Realty Trust, Jose Deleon, 71 Milk Street,

Tatro Nominee Trust, Frederick & Maria Luongo, 5 Tilbury Road Unit 6, $515,000.00

Roger Hatt & Amanda Wells, Daniel Hannagan, 119 Oakside Avenue, $229,000.00

Lewis Holiday III, Eric Moreau, 139 Bay State Road, $265,000.00

Kelly Mcderott, Heather Sinclair, 22 Buttowood Drive, $80,000.00

Andrea Morse, Chadi Chakar, 4 Christopher Drive Unit 32, $158,000.00

Alcro Development LLC, Francis Higginbottom, 20 Ashley Lane Unit 45, $574,900.00

Alcro Development LLC, Debra Garland, 20 Ashley Lane Unit 45,

Lorna Karongo & David Wanyioke, Timothy & Grace Chu, 19-27 Camden Street, $460,000.00

Lorna Karongo & David Wanyioke, Jessica Reyes, 19-27 Camden Street,

Anita Vallone, Ross Winnett, 71 Ormonde Road, $350,000.00

Anita Vallone, Alesandra Ciccolo, 71 Ormonde Road,

Thomas Tulley, Theresa & Jonas Pettersson, 12 Pleasant Circle, $370,000.00

Rita Vaiksnovas, Mark Salvo, 494 Howe Street, $600,000.00

Michael & Laura Wolfinger, Nathaniel & Andrienne Chartier, 20 Victory Drive Unit 2, $256,000.00

Paul & Suzanne King, Anna Marie Zeimetz, 8 Sycamore Road, $405,000.00

Paul & Suzanne King, Cara Green, 8 Sycamore Road,

Peter & Jo-Ann Warren & Brian & Constance Roberts, Luis Brito, 2 Orange Avenue, $345,000.00

Peter & Jo-Ann Warren & Brian & Constance Roberts, Yazeirys Pena, 2 Orange Avenue,

Marie Rose Henri & Pascal Georges Henri, Emily Russo, 27 Webb Street, $250,000.00

Marie Rose Henri & Pascal Georges Henri, Jean Caze, 27 Webb Street,

Elizabeth Bacon, Belquis Guerrero, 1 Maplewood Avenue Unit A, $260,000.00

David & Susan Collier, Jessica& Matthew Collier, 534 Forest Street, $350,000.00

Toll MA IV LLC, Herbert & Annette Turner, 14 Pine Tree Drive, $618,061.00

Ann Lavoie, Juan Marte, 23 Sable Run Lane, $525,000.00

Ann Lavoie, Sarah Doyle, 23 Sable Run Lane,

Federal National Mortgage Association, Guibert Hernandez, 103 Lowell Street, $275,000.00

Federal National Mortgage Association, Rosa Vasquez, 103 Lowell Street,

Seaport Homes LLC, Maria Elvira & Dave Manuel Ortega, 7 Westwood Street, $315,000.00

Heather Martin, Mariann Appel, 19 Hampshire Road Unit 107, $168,100.00

Cynthia Labbe, Govain Guitierrez, 96 Harris Street, $220,000.00

Karen Moran & Paula Andrade, David & Adalgisa Bonilla, 20 Florence Road, $265,000.00

Siddharth & Nidi Gehlot, Louis & Elizabeth Yokell, 9 Arabian Drive, $416,000.00

Peluso Painting & Resoration LLC, Matthew & Bruce Corsetti, 38 Ponderosa Avenue, $286,500.00

Thomas Farrell, Target Asset Recovery LLC, 186 Lowell Street, $215,000.00

QVM Investments LLC, Gorete & William Nickerson, 887 Riverside Drive, $252,750.00

Nellie N. Nazarian Irrevocable Trust,

Property Sales, Foreclosures for DECEMBER, 2016 in Andover, North Andover, Lawrence, & Methuen. From Northern Essex Registrar of Deeds M. Paul Iannuccillo (All properties are listed in order; seller, buyer, address, and price.)

Adela & Mirtha paez, 133-133.5 Jackson Street, $365,000.00

Madelyn & James Barbagallo, William Franzese, 3 Tilbury Road Unit 3, $189,000.00

Allen & Donna Drelick, Jay & Sherri Cleary, 44 Westland Street, $251,000.00

Evelyn Benson & Nancy Yastrzemski, Scott Barta, 244 Oakland Avenue, $280,000.00

Evelyn Benson & Nancy Yastrzemski, Nicole Gagne, 244 Oakland Avenue,

Jose Perez, Jennifer Ramierz, & Reina Morales, Darwin Brito, 11 Loring Road, $365,000.00

Joan Cote & Alfred Robl, Jinsy Bisono, 12 Longview Terrace, $310,000.00

ALCRO Development LLC, Bruce & Pamela Spear, 9 Ashley Lane Unit 46,

Prolim Development Corp., Mynor Hilario Lopez, 77 Hampshire Road, $455,500.00

Household Enterprises LLC, Anangally Garcia, 44 Calumet Road, $260,000.00

Michele Laplante & Donald Perreault, Jessica Grace, 46 Ashford Street Unit 6, $151,750.00

Xena Realty Trust, 20 Aegean Drive Real Estate LLC, 20 Aegan Drive Unit 16, $170,000.00

Select Properties LLC & Syndey Properties LLC, MJC Development Corp., 251 Hampshire Street, $125,000.00

NORTH ANDOVER

Scott & Megan Dell Orfano, Robert & Oonagh Dennehy, 44 Country Club Circle, $1,900,000.00

Robert & Eugenia Bennett, Sean & Jessica Kenney, 46 Raleigh Tavern Lane, $1,525,000.00

TKZ LLC, James & Julie Cass, 15 Great Lake Lane, $867,500.00

Mary Ellen Fennessy Mcdermont Revocable Trust & William J. Mcdermot Revocable Trust, Brian Magnuson, 180 Marbleridge Road, $719,900.00

Debra Derise, Lauren Munighan, 115 Cricket Lane, $680,000.00

Pratip & Swati Mukherjee, Mark Madjarev, 59 Kara Drive, $672,000.00

Burrell & Catherine Lowery, Robert & Eugina Bennett, 98 Rea Street Unit B2, $650,000.00

Demolady's LLC, 85C Flagship Drive LLC, 85C Flagship Drive Unit C, $593,750.00

Joanne Lynch, Sujatha Thiruvengadathan, 135 Nutmeg Lane, $552,500.00

Ryan Willey & Ariane Lombardi-Willey, Sirva Relocation Credit LLC, 41 West Woodbridge Road, $550,000.00

Sirva Relocation Credit LLC, Kelsey Hendrickson, 41 West Woodbridge Road, $550,000.00

Matthew & Danielle Lacolla, Scott & Shelley Thompson, 11 Pembrook Road, $527,500.00

Brett & Michaela Rodden, Mark & Susan Wilson, 10 Duncan Drive, $510,000.00

Coco Realty Trust, Michael & Carolym Mcmahon, 185 Middlesex Street, $476,500.00

431 Johnson Realty Trust, George & Diana Mouzakis, 431 Johnson Street, $470,000.00

Henry Doherty, Timothy Pybus, 70 Martin Avenue, $420,000.00

Berry/114 Company LLC, Paula Champagne, 46 Compass Point Unit 1-2, $420,000.00

Scott & Shelley Thompson, Dennis & Abby Toomey, 115 Moody Street, $410,000.00

John Lanzafame, Mark Traficante, 30 Sragent Street, $409,000.00

Cui Qin Chen & Xiaoxin Yu, Ashish & Mala Gupta, 1060 Turnpike Street, $409,000.00

Elm Street Realty LLC, Michael Bell, 59-61 Elm Street, $399,900.00

Geumjoo Ra, Andrey & Maria Warkentin, 1802 Dogwood Circle Unit 1802, $385,000.00

Shoshana Burgett, Adrienne Goldman, 50 Mill Pond, $377,000.00

Mark Traficante & Stephanie Condon, Jean Robert Obas, 315 Green Street Unit 2, $375,000.00

John & Ofelin Tortorelli, Twelve North Realty Trust, 73-75 Riverview Street, $340,000.00

Kenneth Laughters, Jared Thomas, 21 Lincoln Street, $322,000.00

Messina Development LLC, RDM Wellington LLC, 52 Wellington Way, $300,000.00

Kevin Smith, Caroline Gagne, 63 Inglewood Street Unit 2, $287,000.00

Sandra Court, Regina Ruotolo, 139 Autran Avenue Unit R, $230,000.00

Michelle Larkin, Mikhail & Svetlana Gomer, 86 Kingston Street Unit 86, $221,000.00

Colin & Raina Finn, Steven Campbell, 32 Water Street Unit 1, $205,000.00

Federal National Mortgage Association, Elaine Anderson, 138 Kingston Street Unit 138X, $189,900.00

Richard & Kelly Caso, Danni Yanoff, 13 Walker Road Unit 10, $171,000.00

Holmes Realty Trust, Cen 1 Realty Trust, 127-133 Marblehead Street, $170,000.00

Michelle Soderburg, Salas Jordan Family LLC, 11 Walker Road Unit 12, $148,000.00

GM & E Realty LLC, Rayan Saliba, 12 Walker Road Unit 4, $144,800.00

Frank Goodwin, Evelyn & Klodian Kurraj, 12 Walker Road Unit 1, $141,500.00

Bypass Trust of the George V. Gorham & Margaret M. Gorham Revocable Trust, Mailan Vu, 581 Chickering Road Unit 9, $138,500.00

Chan Realty Revocable Living Trust, Steven Diamartino, 3 Walker Road Unit 3-10, $118,000.00

Joanne Lynch, Sanjay Nandipaku, 135 Nutmeg Lane,

Debra Derise, Adam Darisse, 115 Cricket Lane,

Pratip & Swati Mukherjee, Jennifer Bunce-Madjarev, 59 Kara Drive,

Frank Goodwin, Nikollaq Dragoti, 12 Walker Road Unit 1,

John Lanzafame, Stephanie Condon, 30 Sargent Street,

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